

**1980  
FALL**





# **NEWSLETTER**

- Schedule of Fall Races and other events
- Results of Spring & Summer Races
- Medical advice by Dr. Scheffler, stories, training tips, information for the 8th Maryland Marathon

# 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: CAROL WANDRES - 377-0088

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 \$1.00 for ALL RRC members, \$2.00 for ALL non-members. Some races have higher entry fees, to cover the cost of T-shirts and special awards.



John Roemer (in glasses)

## From the President's Desk

JOHN ROEMER  
President of the  
Baltimore  
Road Runners Club

Actions taken at May 26 BRRRC membership meeting:

1. We will continue sending our

5. We will continue co-sponsoring the Subway Race, which makes a substantial profit for the club, is very popular with the members, and follows a fast,

## 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 runners, like the

Actions taken at May 26 BRRRC membership meeting:

1. We will continue sending our schedule to the various running magazines, but the race scheduling committee may declare a race to be open only to BRRRC members if the size or complexity of the event make it difficult to administer.

2. We will not co-sponsor any charitable races, except our own Korfman Memorial event. (Previously, we had agree to accept one or two charitable events a year.) Charitable events are too often mismanaged by their sponsors (no course marshalls, trash strewn about, etc.) and the blame attaches to us, as co-sponsors, for the sponsor's errors.

3. The Constellation Race will continue to be split into two divisions, because of crowding on the Fort McHenry pathway. Next year women, masters and children may be in one section, while men 16-39 may be in the other.

4. We will make a major appeal in the next newsletter for volunteers to handle races. John Roemer is tired of handling most major events. Volunteers came forward to handle all major fall events.

5. We will continue co-sponsoring the Subway Race, which makes a substantial profit for the club, is very popular with the members, and follows a fast, interesting course. It is understood, however, that we would continue with the event only if more satisfactory traffic control at intersections is forthcoming.

6. A nominating committee was appointed for the next election: John Roemer (the president is required to serve by the BRRRC constitution), Bill Diegel, Mike Hill, Bill Schwartz, and Carol Wandres.

## Joe Holland Wins a Tough One

Joe Holland, BRRRC member, top over-50 competitor and former chairman of the Maryland Marathon Commission, was hospitalized late in the winter with severe back/disc problems. Despite serious surgery and weeks in traction, Joe is back on the roads, training as hard as ever and racing again -- recovering miraculously.

The club congratulates him on his gutsiest performance to date.

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 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.

# 1980 B.R.R.C. FALL SCHEDULE

## Pre-Entries

- Oct. 5 - Zoo Zoom Race - by Sept. 28  
 Oct. 19 - 10K Handicap - by Oct. 13 - No post entry  
 Oct. 26 - Triathlon - by Oct. 14 - No post entry  
 Dec. 7 - Maryland Marathon - by Nov. 4

Regular Entry Fees: Members \$1.00 - Non member \$2.00 [All races unless specified]

**Sunday, September 7 — 10K Baltimore Road Runners Club Championship - Series #4**  
 9:00 a.m.

Lake Montebello - This is a very popular race, so we are using it to kick off our fall schedule. Remember to be eligible for prizes in this series read the rule on page 2. Regular entry fee - RRCA Championship Medallions to top 3 open - 29-39, 40 & over, women. Beltway Exit 30 (Perry Pkwy.) south to Hillen Rd. (same rd.) to 33rd Street, hang a sharp left onto lake area - go ¼ mile to pump house. Scott Lutrey 792-7861 - Harry Piotrowski, Joe Holland, Sue Larson.

**Sunday, September 14 — 3rd Great Subway Race - 8 miles**  
 8:30 a.m.

See ad in this newsletter for full details.

**WE NEED HELP ON THIS RACE!!!  
 PLEASE HELP IF YOU'RE NOT RUNNING  
 CALL TONY TRANTAS 686-7050**

Remember - No one under 12 allowed in this race

**Saturday, September 20 — Club Meeting & Special Election**  
 10 - 12 a.m.

Loch Raven Library - Film will be shown at this meeting of the Hawaii Marathon, also at this meeting we will have election of officers. John is stepping down at this time as president. Beltway Exit 20 (Loch Raven Blvd.) to 5th traffic light (Taylor Ave.). Left on Taylor to

Although the women are not included in this race or the 20 miler, they can still run in the races and we will still have the awards for the top 3 finishers. Read the Championship Rules in this newsletter. Awards are the same as September 7th. Regular entry fee. I-83 north from Beltway to Shawan Rd. East a half mile to parking lot pass Hunt Valley Inn, in front of tall gray office building just before traffic light. Al Filar 685-6866, Bill Foley, Scott Lutrey, Frank Pflaging.

**Sunday, October 19 — 10K Handicap**  
 9 a.m.

Lake Montebello - A first for our club will be undertaken by Scott Lutrey. This will be a pre-entry race **only**. Send in your best 10K time for 1980 and you will be rated and given starting time. Everyone will start at different times with hopes if everything goes right everybody will have a chance to win. Remember it is your best time we want. \$2.00 entry fee with trophies to the top 6 finishers. Entries with your best time and race you did it in must be in our hands no later than October 13th. **No Post Entry!** Mail to: **Scott Lutrey, 8954 River Island Dr., Savage, Md. 20863.** Directions the same as September 7th. Scott Lutrey 792-7861, John Dockstader.

**Sunday, October 19 - Monumental Relay**  
 8 a.m. [Note early start]

2 or 6 man teams, 61.4 miles - alternate 10 mile legs. Washington Monument (Downtown) to Penna. line and back via Falls Rd. No entry fee - No prizes. Meet at Washington Monument downtown (Charles & Monument Sts.) See detailed instructions elsewhere in newsletter. John Roemer 821-6473.

**Saturday, October 25 - 5 Mile Cross Country**  
 10 a.m.

Catonsville Community College - Race over campus of the college. Course will be shown at 9 a.m. Regular entry fee. Race starts by tennis courts. College is off Rolling Rd. in Catonsville. Scott Lutrey 792-7861, John Dockstader.

**Sunday, October 26 - 3 Mile Women's Baltimore Road Runners Club Championship**  
 10 a.m. Series #5

Goucher College - 5th and last race in the women's series. 2 loops around the campus. Regular entry fees and RRC Medallions to top 3. Judy Hasler 252-3549, Kathy Heckman, Jean Foreman, Ricki Nielsen.

**Sunday, October 26 - 2nd Triathlon**  
 7 a.m. [Note early start]

20 mile run - 50 mile bike - 2 mile swim. Must finish in 13 hours to be official. Swim will be 140 laps in either Goucher or Towson State pools. T-shirts to all finishers, plaques to top 10, first 2 masters, first woman. Entry fee: \$5.00, non-refundable. Run first, then bike, then swim. May have to wait in line for swim. **Must** have own support crew for refreshments,

Remember - No one under 12 allowed in this race

**Saturday, September 20 — Club Meeting & Special Election**

**10 - 12 a.m.**

Loch Raven Library - Film will be shown at this meeting of the Hawaii Marathon, also at this meeting we will have election of officers. John is stepping down at this time as president. Beltway Exit 29 (Loch Raven Blvd.) to 5th traffic light (Taylor Ave.). Left on Taylor to Library on left across from Hillendale Movie.

**Sunday, September 21 — Walter Korpman Memorial Day**

**9 a.m.**

Towson Y - Relay day with the family. 2 & 3 person (family - mother, father, brother, daughter) relays. Each person runs 1 mile. \$3.00 per team - breakfast for 1st two teams in each race at **Friendly**. The Y is in the heart of Towson. (5 blocks west of York Rd. - 600 W. Chesapeake Ave.) Bob Ray 254-6263

**Saturday, September 27 - Marathon Clinic**

**10-12 a.m.**

Loch Raven Library - Jim Harrison 882-4353 - Directions same as September 20th

**Sunday, September 28 - Up-Your-Pagada Race - 6 miles**

**9 a.m.**

Patterson Park - T-shirts to top 150 - \$3.00 entry fee. Meet at the Pagada in the park - east Baltimore. Mike Hill 467-2242 - Bob DuPont, Ed Hewitt

**Sunday, September 28 — 50 miles & 50K**

**7 a.m. [Note early start]**

Herring Run Park - Race will be on the vita course. Club plater to winners of each race, belt buckles - medallions to 1st 20 finishers. Entry fee \$3.00. Meet under bridge (Harford Rd.) in park - Harford Rd. & Argonna Dr. - Mary Roemer 821-6473, Carol Wandres.

**Sunday, October 5 - 2nd Annual Zoo Zoom 5 miler**

**9 a.m.**

Druid Hill Park - See ad and application in this newsletter for more information.

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**VOLUNTEERS NEEDED!!**  
**JOHN ANDONIADES 358-0091**

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**Saturday, October 11 — 4 mile Cross Country**

**10 a.m.**

Herring Run Park - Same location as the September 28th race. Course will be shown at 9 a.m. Regular entry fee. Scott Lutrey 792-7861, John Dockstader 799-5009

**Sunday, October 12 - 15 mile Baltimore Road Runners Club Championship - Series #5**

**9 a.m.**

Hunt Valley - Remember this is the 5th race for the men in the club. The women this year do not run the 15 & 20 miler, but have a 3 miler on October 26th for their 5th and final race.

**Sunday, October 26 - 2nd Triathlon**

**7 a.m. [Note early start]**

20 mile run - 50 mile bike - 2 mile swim. Must finish in 13 hours to be official. Swim will be 140 laps in either Goucher or Towson State pools. T-shirts to all finishers, plaques to top 10, first 2 masters, first woman. Entry fee: \$5.00, non-refundable. Run first, then bike, then swim. May have to wait in line for swim. **Must** have own support crew for refreshments, directions, lap counting in pool, safety, etc. Race directors will mail map and detailed instructions, record times and have no other functions. **Must** be at least 16 to enter. No post entries. Field limited to 60 entrants, in following order of acceptance: Last year's finishers and officials, BRRC members, Maryland residents, Pennsylvania residents, other. **Must** enter by October 14. Race will start in York Pa. and finish in Towson, Md. Full directions will be mailed to all entrants. Bob Ray 254-6263, Bob Roling.

**Sunday, November 2 - Patapsco 5 & 10 Miler**

**9 a.m.**

Patapsco State Park - 2 years since we have been able to run this course. All roads have been redone and now are ready for us to try again. No entry fee or prizes. A complete fun run with only times being called out at the finish line. Directions are not very clear for this race. There is a new route into park off Rt. 1. Take I-95 south to 166, south on 166 to Rt. 1. Right on Rt. 1 and watch for signs on your right. Bill Diegel 337-0746, Dick Nair.

**Sunday, November 9 — 20 Mile Baltimore Road Runners Club Championship - Series #6**  
**8:30 a.m. [Note early start]**

Loch Raven Dam - Last race for this years series. Get that good 20 mile workout in before the Maryland Marathon. Regular entry fees - awards same as September 7. With the closing of the low dams parking lot we have had to make some changes. Thanks to Peerce's Plantation, we will be using their lot. Remember to double up on driving to races at Loch Raven. Beltway Exit 27 (Dulaney Valley Rd.) north across new bridge, first right off bridge to Peerce's Parking lot on left. Do **not** throw your water cup around. Don Wann 882-9590, Tony Trantas, John Elder, Bailey St. Clair.

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**Our thanks to  
PEERCE'S PLANTATION  
for the use of their  
parking area.  
Without their help  
we would not be running  
in the Loch Raven Dam  
area any longer**

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**Saturday, November 15 - 5 Mile Cross Country**  
10 a.m.

Oregon Ridge - Course shown at 9 a.m. Regular entry fee. I-83 north from beltway to Shawan Rd. West on Shawan for about 1 mile to Beaver Dam Rd. (first left). Left on Beaver Dam Rd. to parking lot at Oregon Ridge Park. Scott Lutrey 792-7861, John Dockstader.

**Sunday, November 16 - Towson Twosome - Ten Thousand around Towson**  
9 a.m.

Towson State Track - T-shirts/Togas to all finishers. \$5.00 entry fee per team. Race will start from the track and go into the Towson area and back. The track is located off Towsontown Blvd. and Osler Dr. on the campus. Bill Diegel 337-0746, Mel Walton.

**Sunday, November 23 - 6 Mile Masters Race**  
9 a.m.

Hillside - Falls Rd. - \$2.00 entry fee. Sweatshirts to the top 3: 40-44, 45-49, 50-54, 55 and over - women top 2: 40-49, 50 and over. Race starts on Falls Rd., where Jones Falls Exwy. ends, near western end of Joppa Rd. Park all cars at State Police Lot on Joppa Rd. Lot on Falls Rd. near start. Police will give out tickets on Falls Rd. Marge Rosasco 877-7074, Wayne Burgermeister.

**Saturday, November 29 - 10K Cross Country Championship**  
10 a.m.

Herring Run - Course will be shown at 9 a.m. Regular entry fee. Directions same as September 28. Scott Lutrey 792-7861, John Dockstader.

**Sunday, November 30 - Marathon Depletion Run**  
8 a.m. [Note early start]

Lake Montebello - Run your depletion run with other marathoners. Course will be the first part of the marathon course. Directions same as September 7.

**Sunday, December 7 - 8th Annual Maryland Marathon**

All information for this event in ad in this newsletter. Don't forget the early entry deadline.

**Sunday, December 14 - Mugs Finale**  
9 a.m.

Lake Montebello - 1 large loop plus 1 small loop (4.3 miles) Regular entry fee. All the mugs we have left will go in this race. 1st place gets 1, 2nd place 2, 3rd place 3, and soon until all the mugs are gone. Directions same as September 7. Alex Madina 254-7578.

**Sunday, 21 - Cross Country Team Championship**  
9 a.m.

Herring Run - 6 miles cross country - 5 person team (4 men - 1 women) Championship Cup to winner (3 years won in a row - retired) \$2.50 per team entry fee. Patches to all finishers. Directions same as September 28. Les Kinion 668-3766 (Pre enter by Dec. 15).

**Sunday, December 28 - 8 Mile Predicted Time [Father Time Frolie]**  
9 a.m.

## OTHER EVENTS

**September 27** -- 4th annual 8.2 mile road race - 11 a.m. - T-shirts all entrants, ribbons & certificates to all finishers, trophies to top three. - \$4.50 before September 13, - \$5.00 after. For more information write: John Witkowski, R.D. 1 Box 157-C, Shamokin, Pa. 17872, (717) 797-1638.

Sept. 27 - 8.2 Road Race - Northumberland, Pa. - T-shirts, ribbons, certificates & trophies (717) 797-1638

Sept. 28 - Johns Hopkins - Run to Read - Benefit Tutorial Project - 10K - T-shirts 338-3138.

**October 4** -- 8-kilometer cross country. Western Maryland College in Westminster. Prizes to first 10 in open division; to first 5 women; first 5 masters, with \$1.00 entry fee for all RRCA members; \$2.00 entry fee for non-members. Sponsored by Westminster Road Runners Club. For information call 848-5961. Begins 9 a.m.

**October 5** -- 3rd annual John D. Worthington III Half-Marathon. In Bel Air. T-shirts to all finishers; merchandise to top finishers and at random with \$3.50 entry fee before October 1 and \$5.00 thereafter. Sponsored by RASAC. Call George Stewart at 838-1298; or call recording at 877-7710. Begins at 10 a.m.

Oct. 11 - Annapolis Mall 5K - 9 a.m. - lots of prizes (1) 268-1165

**October 19** -- Brooks Master Race of 15k. Georgetown University (Washington) to the C & O Canal Towpath and return. For women 35 and over and men 40 and over. Pre-registration required. Begins at 10:00 a.m. - Applications are available by sending S.S.A.E. to: Brooks Masters Race, 131 Factory St., Hanover, Pa. 17331. - Dave Theall (703) 527-1864

**November 9** -- Frizzelburg 10-kilometers. Sponsored by Westminster Road Runners. For information call 848-5961. Begins 11 a.m.

Nov. 23 - Metric Marathon (16.3 miles) 9 a.m. - \$5.00 (limited to first 500) or Nov. 16 - Warren Ohlrich - Dick Hipp 992-5800.

**January 11** -- 3rd annual Frostbite 5-kilometers and 10-kilometers. At Western Maryland College in Westminster. Sponsored by Westminster Road Runners. For information call 848-5961. Begins at 8:30 a.m.

## CLASSIFIED

We'll advertise used shoes and equipment free of charge in this section. Just send a note containing size, condition, price and contact person



**Sunday, 21 — Cross Country Team Championship**

9 a.m.

Herring Run - 6 miles cross country - 5 person team (4 men - 1 women) Championship Cup to winner (3 years won in a row - retired) \$2.50 per team entry fee. Patches to all finishers. Directions same as September 28. Les Kinion 668-3766 (Pre enter by Dec. 15).

**Sunday, December 28 — 8 Mile Predicted Time [Father Time Frolic]**

9 a.m.

Loch Raven Dam — (Do watches allowed - no split time given) 6 digital wrist stopwatches to persons coming closet to thier predicted time. Ties broken by person with fastest predicted time. Regular entry fee. Directions same as November 9th. Tom Zibron 661-5567, Bill Schwartz

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Anyone interested in running a 100 mile fun run sometime in November should get in touch with John Roemer 821-6473

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## Coming Events

1981 Championship Series

BRRC Awards Banquet

10th Layne Half Marathon

Lady Equitable

Boston Marathon

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### Regular Entry Fees:

**\$1.00 club members;**

**\$2.00 non-members**

**All races unless specified**

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## CLASSIFIED

We'll advertise used shoes and equipment free of charge in this section. Just send a note containing size, condition, price and contact person

Nike Tailwinds - Men's Size 9  
Worn Twice  
K. Hutcheson  
467-9294

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Nike Tailwind  
Size 11 (10 can wear)  
used under 30 miles  
\$30.00  
653-0647



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



# Monumental Relay Instructions

When: Sunday, Oct. 19, 8:00 a.m.

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Start/Finish: Washington Monument, Charles and Monument Sts., Balto.

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Entry fee: None

□□□

Course: Same as last year: 61.4 miles

out and back along scenic, hilly Falls Road — downtown almost to Pennsylvania and back. Macadam road except dirt middle three miles.

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Teams: Must be either six-person or two-person. Alternate 10½ mile legs. No other team or split arrangements permitted.

Instructions: 1) Each team **must** provide **everything** it needs: a) 2 or 6 participants b) refreshments c) transportation of people, clothing, etc. to and from every hand-off point d) start/finish time e) course directions, marshalls, safety.

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2) The race director will start the event

at 8:00 a.m. and will have no further duties. You are on your own. Phone your team's finish time, which you are responsible for, to Mary Roemer, 821-6473 or 472-4197.

□□□

3) Be careful at intersections and on curves; there will be no police protection. Run against the traffic.

□□□

4) There are no stores open on Falls Road beyond the first ten miles, so don't count on roadside stands for refreshments.

□□□

Course directions and hand-off points: The start and finish are at the Washington Monument, Charles and Monument Sts. Balto. The turnaround is at the northern end of Falls Road, where it terminates at Schalk Rd. No. 1. Go out and back via the same route. Hand-off points have very limited, temporary parking facilities. Do not block traffic, driveways or intersections. Traffic tickets are your responsibility.

First leg: Approx. 10.7 miles, gradually upward, with a long, steep hill at the end. Start at Washington Monument and run north on Charles St. ¼'s of a mile to Lanvale St. (Lanvale is the intersection just beyond the railroad station/bridge; Chesapeake Restaurant on NE corner, Mercedes Benz repairs on NW corner.) Turn left onto Lanvale, follow it one block straight across Maryland Ave. and proceed up Falls Rd. About two miles up Falls there is a stop sign, at which you turn right. (Do not go straight through stop sign—turn right and stay on Falls.) Two hundred yards

# HELP!

# HELP!

Please come to the aid of your running club! Join the volunteer corps and help out at just one or two races per year. We need each and every one's help. On-th-job training — no experience necessary.

**Cathy Kleeman**  
**915 Army Road**  
**Ruxton, Md. 21204**

I would like to help on one of the big races:

Please check

Subway race [Sept 14]

I would like to help on one of the big races:

Please check

Subway race [Sept 14] \_\_\_\_\_

Md. Marathon [Dec.7] \_\_\_\_\_

Lady Equitable [March] \_\_\_\_\_

Constellation [May] \_\_\_\_\_

I would like to help in the regular races. \_\_\_\_\_

Areas of interest:

Pre-race:

Preparing & processing registration \_\_\_\_\_

Registration \_\_\_\_\_

Day of Race:

Course Marshall \_\_\_\_\_

Aid Stations \_\_\_\_\_

Finish Line \_\_\_\_\_

Name \_\_\_\_\_

Address & \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

station/bridge, Chesapeake Restaurant on NE corner, Mercedes Benz repairs on NW corner.) Turn left onto Lanvale, follow it one block straight across Maryland Ave. and proceed up Falls Rd. About two miles up Falls there is a stop sign, at which you turn right. (Do not go straight through stop sign—turn right and stay on Falls.) Two hundred yards further, be careful to bear left and stay on Falls—don't go up Roland Ave.

At about nine miles Falls Rd. crosses the end of the Jones Falls Expressway, at Joppa Rd., and goes left. Make sure you stay on Falls.

Hand-off: Sater Lane, a very small road on the left, by Sater Church Historical Marker. Support crews park on Sater Lane, not on Falls.

2nd Leg: Approx. 10.2 miles—very hilly. Go straight up Falls Rd. Falls is narrow and winding, so watch out for traffic. Hand-off: Benson Mill Rd. Support crews note: Park on Benson Mill, not on Falls. Benson Mill is at the top of a hill and on-coming traffic cannot see you on Falls.

3rd Leg: Approx. 10.3 miles—very hilly. Go straight up Falls Rd. At about the nine mile point, at Alesia/Lineboro Rd., there is a stop sign. Go straight through the stop sign and follow th winding dirt road across the railroad tracks to Schalk Rd. No. 1. Hand-off: Schalk Rd. No. 1.

4th Leg: Go south on Falls and retrace 3rd leg. Hand-off: Benson Mill Rd.

5th Leg: Retrace 2nd leg. Hand-off: Sater Lane.

6th Leg: Retrace 1st leg. Don't go down Rt. 83 at Joppa Road light; bear right to stay on Falls Rd. Remember to turn right onto Charles St. and finish at the Washington Monument. Call total team time in to Mary Roemer.

# Training Schedule For Maryland Marathon

This program is designed to train a novice runner to run a marathon and to finish it in reasonable shape.

It is based on a hard-easy approach.

The basic pace of your long runs should be close to the pace you expect to

hold for the marathon.

If the 20 mile runs are too difficult then ease up slightly, but you must have some runs of flat length. You should try to do some "speed" work one day a week, but it does not have to be for the

entire runs ie; fartlek. If possible you should run portions of the marathon course itself during your training.

This schedule was developed from Joe Holland's and Brian Maxwell's programs and the aches and pains of other

marathon runners.

Start with a base of 35-40 miles per week. In September, October and November you may consider splitting your long mid-week runs between am & pm.

* Split workout August							
Sun	Mon	Tue	Wed	Thur	Fri	Sat	Total
3 6	4 4	5 9	6 4	7 *9	8 Off	9 12	44
10 6	11 5	12 9	13 5	14 9*	15 Off	16 13	47
17 6	18 5	19 9	20 5	21 9*	22 Off	23 14	48
24 6	25 5	26 10	27 5	28 10*	29 Off	30 15	51
31 6							

September							
Sun	Mon	Tue	Wed	Thur	Fri	Sat	Total
	1 5	2 10	3 5	4 10*	5 Off	6 17	53
7 6	8 5	9 10		11 10*	12 Off	13 18	54
14 6	15 5	16 10	17 5	18 10*	19 Off	20 19	55
21 6	22 5	23 10	24 5	25 10*	26 Off	27 20	56
28 6		30 12					

October							
Sun	Mon	Tue	Wed	Thur	Fri	Sat	Total

November							
Sun	Mon	Tue	Wed	Thur	Fri	Sat	Total
						1 17	56
2 6	3 6	4 12	5 5	6 10	7 Off	8 20	59
9 6	10 6	11 12	12 6	13 10	14 Off	15 20	60
16 5	17 5	18 11	19 5	20 9	21 Off	22 16	51
23 5	24 5	25 11	26 5	27 9	28 Off	29 16	51
30 5							

December							
Sun	Mon	Tue	Wed	Thur	Fri	Sat	Total
	1 6	2 5	3 4	4 3	5 2	6 Off	25
7 Race							

## Tetrathon — June 29

Head to head competition with the popular Clydes race kept entries down and sweltering heat kept performances down, but still 58 essayed this catalog of middle distance events. As always the rigors of running 1/2 and 3/4 miles was a dreadful shock to road runners accustomed to thinking of 10Km as a sprint race. Dave Starnes parlayed a victory in the 2 mile and bonus points for his advanced age into a victory in the 10 mile.

6	5	10	5	10*	Off	20	56
28		30					
6		12					

### October

Sun	Mon	Tue	Wed	Thur	Fri	Sat	Total
			1 6	2 10	3 Off	4 20	59
5 6	6 6	7 12 [Split]	8 6	9 10	10 Off	11 20	60
12 6	13 6	14 12 [Split]	15 6	16 10	17 Off	18 20	60
19 6	20 6	21 12 [Split]	22 5	23 10	24 Off	25 16	55
26 6	27 6	28 12 [Split]	29 5	30 10	31 Off		

### B.R.R.C. Fall Schedule [wallet size]

Sun, Sept 7 - 10K BRRC Championship #4 - Lake Montebello - 9 a.m.	(women) Goucher College - 10 a.m.
Sun, Sept 14 - 8 mile subway - 8:30 a.m.	Sun, Oct 26 - Triathlon - Goucher College - 7 a.m.
Sat, Sept 20 - Club Meeting - LR Library - 10-12 a.m.	Sun, Nov 2 - 5 & 10 miler - Patapsco State Park - 9 a.m.
Sun, Sept 21 - Walter Korpman Memorial Day - Towson Y - 9 a.m.	Sun, Nov 9 - 20-mile BRRC Championship #6 - Loch Raven Dam - 8:30 a.m.
Sat, Sept 27 - Marathon Clinic - LR Library - 10-12 a.m.	Sat, Nov 15 - 5 mile cross country - Oregon Ridge - 10 a.m.
Sun, Sept 28 - 6 miles - Patterson Park - 9 a.m.	Sun, Nov 16 - Towson Twosome Ten Thousand - Towson State Track - 9 a.m.
Sun, Sept 28 - 50 miles & 50K - Herring Run - 7 a.m.	Sun, Nov 23 - 6 mile Master Race - Hillside - 9 a.m.
Sun, Oct 5 - 5 mile Zoo Zoom - Druid Hill Park - 9 a.m.	Sat, Nov 29 - 10K cross country championship - Herring Run - 10 a.m.
Sat, Oct 11 - 4 mile cross country - Herring Run - 10 a.m.	Sun, Nov 30 - Marathon Depletion Run - Lake Montebello - 8 a.m.
Sun, Oct 12 - 15 mile BRRC Championship #5 - Hunt Valley - 9 a.m.	Sun, Dec 7 - Maryland Marathon - 10:30 a.m.
Sun, Oct 19 - 10K Handicap - Lake Montebello 9 a.m.	Sun, Dec 14 - Mug Finale - Lake Montebello - 9 a.m.
Sun, Oct 19 - Monumental Relay - Downtown 8 a.m.	Sun, Dec 21 - 6 mile cross country team championship - Herring Run - 9 a.m.
Sat, Oct 25 - 5 mile cross country - Catonsville CC - 10 a.m.	Sun, Dec 28 - Father Time 8 miler - Loch Raven Dam - 9 a.m.
Sun, Oct 26 - 3 mile BRRC Championship #5	

### Tetrathon — June 29

Head to head competition with the popular Clydes race kept entries down and sweltering heat kept performances down, but still 58 essayed this catalog of middle distance events. As always the rigors of running 1/2 and 1/4 miles was a dreadful shock to road runners accustomed to thinking of 10Km as a sprint race. Dave Starnes parlayed a victory in the 2 mile and bonus points for his advanced age into a tie with 19 year old Dan Madden

	Total	440	880	Mile	2 Mile
1 Dave Starnes (34)	2730	57.7	2:09.9	4:38	10:05
2 Dan Madden (19)	2730	53.4	2:05.3	4:42	10:53
3 Brad Gordon (19)	2710	55.1	2:06.9	4:37	10:37
4 David Stewart (20)	2690	55.7	2:09.3	4:37	10:24
5 Jim Shank (31)	2670	54.2	2:06.4	4:46	11:10
6 Scott Lutrey (26)	2600	57.1	2:11.8	4:43	10:29
7 Neil Brown (17)	2580	56.2	2:09.9	4:55	10:29
8 Mike Acks (19)	2560	55.3	2:09.4	4:51	11:08
9 Jim Otte (17)	2530	55.6	2:09.9	4:52	11:05
10 Tom Kepple (22)	2520	53.8	2:07.0	4:46	12:18
11 Harry Goodman (26)	2420	1:01:0	2:14.9	4:48	10:26
12 Layne Party (20)	2410	59.0	2:12.1	4:53	11:02
13 Thorpe Collins (18)	2390	56.7	2:08.5	5:23	12:48
14 Lee Meyers (17)	2380	57.1	2:10.7	5:02	11:30
15 Larry Glose (25)	2350	1:00:8	2:13.9	4:51	11:08
16 Scott Paris (19)	2340	1:01:4	2:16.4	4:54	10:43
17 Larry Pickett (19)	2330	1:00:2	2:15.6	5:01	10:51
18 Dick Nair (41)	2280	1:00:5	2:16.1	5:08	11:32
19 Kevin Gallager (22)	2270	1:01:2	2:17.7	5:03	11:37
20 Don Miller (25)	2240	59.6	2:16.1	5:08	11:22
21 Roger Foreman (36)	2220	1:00:0	2:18.7	5:11	11:39
Jim O'Keefe (20)		57.1	2:19.7	5:03	12:01
23 Bill Gaa (28)	2150	1:02:7	2:21.0	5:05	11:25
24 Phil Kirby (24)	2090	1:01:7	2:23.4	5:17	11:19
25 George Reegan (16)	2010	1:01:5	2:24.5	5:10	12:14
26 Jeff Stout (16)	1990	57.6	2:23.9	5:23	12:41
27 John Ghee (18)	1980	59.6	2:19.1	5:24	12:55
28 John Jackson (16)	1810	57.1	2:22.9	5:50	14:12
29 Dave Lubert (33)	1760	1:02:2	2:37.3	5:43	12:32
30 Carl Party (46)	1640	1:02:5	2:34.0	6:03	14:04
31 Herman Blinichikoff (45)	1570	1:05:7	2:38.3	5:53	13:59
A.J. Vaneerwaal (39)		1:06:5	2:36.2	5:55	13:36
33 Don Hiemiller (49)	1440	1:10:3	2:49.0	6:08	13:12
34 Joe Jensen (35)	1420	1:13:0	2:42.9	6:00	12:53
35 Sid Pilo (36)	1410	1:07:8	2:44.6	6:06	13:47
36 Fred Barron (36)	1390	1:08:5	2:47.4	6:11	13:30
37 Morris Paschall (50)	1370	1:14:8	2:46.7	6:10	13:16
38 Ed Patey (40)	1260	1:13:0	2:46.9	6:17	14:07
39 Walt Langford (58)	1250	1:14:4	3:00.4	6:31	13:54
40 Charles Pacunas (41)	1060	1:13:6	2:47.9	6:50	15:33
		1:12:0	3:03.1	6:27	14:44
42 John Bartolomeo (44)	900	1:15:4	3:10.5	7:02	15:14
43 Ernie Silversmith (49)	500	1:35:4	3:05.6	7:29	15:49
1 Julie Party (16)	900	1:15:0	2:54.6	6:51	15:29
2 Linda Trapp (28)	450	1:26:4	3:13.7	7:19	16:47

## TRAINING TIPS

by John Roemer

Dr. David L. Costill, Director of the Human Performance Laboratory at Ball State University, has written a book full of intriguing hypotheses concerning distance training: **A Scientific Approach to Distance Running**, pb. \$5.00, 128 pp, published by Track and Field News, available at running equipment stores.

Excerpted below are some of Dr. Costill's findings and speculations. Conclusive evidence does not exist on any of these notions, so approach them with care.

**The costs/benefits of uphill/downhill running:** "Despite the runner's option to reduce pace to compensate for variations in terrain, it is obvious that a hilly course may be more costly than a level one. This is substantiated by several physiological measurements. R. Gregor has shown that when compared to horizontal running (200m/min), and incline of 6% (6 meters of vertical lift per 100 meters of horizontal distance) require 35% more energy. Running down a similar grade, however, only reduced the effort by 24%. Therefore, despite a potential balance between uphill and downhill running, a hilly terrain will significantly impair the runner's performance. Some runners, nevertheless, seem to be considerably more efficient in running up and down various inclines than their competitors. At the speed and grade previously mentioned (200 meters/min - 6%), the individual oxygen requirements from 50.0 to 60.6 ml/kg x min. on the incline, and from 27.4 to 34.1 ml/kg x min. on the downslope. To confuse the matter even further, there seems to be little relationship between a runner's efficiency during uphill, horizontal, and downhill running. Such information might explain the preference and

the level to which the rectal temperature rises during marathon running is the extent of water deficit which the runner allows to develop. When the water deficit exceeds 3% of the man's body weight, even in cool conditions, the runner's rectal temperature will rise. Despite this apparently strong thirst stimulus, runners are generally unable to ingest a sufficient amount of fluid to offset the sweating demands of marathon running...

"Laboratory measurements demonstrate that marathoners are physically incapable of consuming sufficient amounts of fluids to keep pace with sweat losses. During a series of two-hour treadmill runs, marathon runners ingested 100 ml of fluid every five minutes for the first 100 minutes of exercise. Despite the 2.0 ml (2.1 quarts) of fluid ingested, the man still incurred a 2.0-kg weight deficit. At the end of 100 minutes of running and feeding, it became apparent that further attempts to ingest fluids would have been intolerable. Immediately following the run, approximately 340 ml (0.37 quarts) of the ingested volume was still in the stomach.

"While most solutions ingested during marathon competition contain sugar, to date only limited information is available to describe the effects of glucose feedings during prolonged running. This practice probably stems from reports which indicate that blood glucose levels fall rather drastically during prolonged activity and may reach critically low levels among runners who collapse before finishing the race. Costill et al. have shown that frequent glucose feeding tends to elevate blood glucose and carbohydrate utilization throughout two hours of exhaustive running....

the drink appear in the blood. The real physiological benefits of a sugar feeding probably are not realized for 15 to 20 minutes after drinking the solution. We have seen nothing that would explain the almost immediate 'lift' reported by the fatigued runner. This is not to say that such feedings do not benefit the runner. To the contrary, although delayed, the sugar that appears in the blood via the intestinal route restores some of the liver's glycogen, thereby lessening the chance of liver glycogen depletion....

"We have also examined the losses of calcium and magnesium in sweat, and have found that repeated days of long running do not significantly alter the body content of either ion. As a result of these studies, we have concluded that distance runners do not normally incur electrolyte deficits as a result of successive days of intense training. Compensatory adjustments by the kidney and an ample mineral content of the diet combine to offset the ions lost in sweat and urine."

## Making Tracks

by John Roemer

The best maps of the Baltimore area are found in **Baltimore and Baltimore County Street Map** (Alexandria Drafting Company, \$4.95, 46 pp, available at running equipment stores, pharmacies and bookstores). The maps are very easy to read, and display such landmarks as schools churches and parks. They also show trails around reservoirs and, occasionally, roads that no longer exist.

It's easy to determine distances from these maps. Simply take a piece of waxed dental floss, lay it out along the course you wish to measure (it will cling a bit to the page), then hold it against the map scale.

Similar maps from the same company are available for Howard, Harford, Anne Arundel and other counties.

### Western Run Road

Many club members have used this course in races. It begins at the light on Shawan Road at McCormick Road, across from the Hunt Valley Industrial Park in Cockeysville, 6 miles north of the Beltway on Interstate 83 (Take Swawan

and 3, are three large, noisy and totally delightful dogs: Sam, a black and white hound with one glass eye; Buffer, a golden retriever who grabs wrists as a sign of affection; and, name unknown, a black lab who feigns menace. DO NOT strike or stone these dogs; they're nice guys. Take a couple of minutes to meet them.

Begin the run at the light on Shawan Road. (Shawan Road is a hideous, high speed, four-lane highway at this point. Do not despair -- Western Run is worth the trip.) Go west a little over a half mile to Western Run Road and turn right. (Don't go up the expressway ramps by mistake.) Follow Western Run Road almost 6 miles to the metal bridge just before Falls Road (the intersection with Belfast Road). Turn right on Belfast Road and follow it as far as you wish. At the eight mile point you can either retrace your steps or turn right onto Tanyard Road. Tanyard runs back into Western Run Road after a mile and a quarter, and it will save you about 2 miles on the

50.0 to 60.0 ml/kg x min. during prolonged activity and may reach critically low levels among runners who collapse before finishing the race. Costill et al. have shown that frequent glucose feeding tends to elevate blood glucose and carbohydrate utilization throughout two hours of exhaustive running....

"However, we have found that drinking a sugar solution is a relatively slow method of increasing the blood sugar concentration. There appears to be a five to seven minute delay from the time the solution is ingested until even traces of

**Fluid replacement:** "(C. H.) Wyndham and (N.B.) Strydom have shown that one of the most important factors influencing

## "How to Win a Triathlon"

by Chuck Brumley

Last Spring I won a triathlon at Towson State (10 mile run, 30 mile bicycle ride, 1 mile swim), and a lot of people are asking how did the old lecher do it, did he pull a Miranda-Ruiz (the real Cuban crisis), and what's wrong with the youth of America anyway?

The truth is I did, in fact, "negotiate" the entire course. As you shall see, consistent mediocrity sometimes wins out over undisciplined brilliance. To wit, to win:

1. Write a prior article called "Chicken Man Triathlon," which expressed my thoughts at the time, but buoyed everyone's confidence that this bozo won't even finish.

Call for nourishment ("Munchkins!) at the starting gun.

Have course marshall lured off position with promise of breakfast with pan fries (important), thus causing leader,

2. Enter race in Alumni category. The benefits here are a little nebulous, vibes from the race director and the hallowed ivy halls, possible salary raise for race director through alumni giving, etc. Play every card. To my dismay, the venerable Jim Harrison entered in this category. Read on.

Arundel and other counties.  
**Western Run Road**

Many club members have used this course in races. It begins at the light on Shawan Road at McCormick Road, across from the Hunt Valley Industrial Park in Cockeysville, 6 miles north of the Beltway on Interstate 83 (Take Swawan Road east a half mile off I-83). Parking is readily available in the large lots in the industrial park.

The course is accurately measured up to eight miles one way -- and the miles are clearly painted in the middle of Western Run Road. It's a very hilly, traffic-free, scenic course along a large creek.

The dogs along the way are noisy but friendly (or chained). Halfway up a hill, across the first bridge, between miles 2

Jim Harrison, to run across the horizon. (Bribe + breakfast w/pan fries, \$26.98).

5. Have truck parked so Jay Bowden hits it on bicycle. (Truck and driver, \$50.00). This is tricky, as I wanted Jay roughed up on the play, but not killed. Jay almost blow it and bought the farm.

6. Ice cubes in lane 3 of swimming pool, causing cramps to swimmers. (Bribe plus cubes, \$17.98).

7. Rolling road blocks. Very effective. Support crew blocks intersections with your car so you can speed through unobstructed. Blocked cars sometimes fail to wait and proceed anyway, scaring next rider. (Car, crew expenses, body work, and new stereo speaker thanks to "buddy," \$9899.00).

8. Grow up in neighborhood, thus knowing blind intersection at Malvern and Bellona. Two minute benefit.

9. Blonde-going-to-play-tennis-at-turnstile -- Adrenalin surge, two minute benefit, cost negotiable.

10. Knowing you're doing this instead of a 10-K with 900 people in the middle of some city somewhere -- incalculable benefit.

Our writer also is the author of "The Rutabaga That Gummed Halethorpe (And Other Love Stories)."

before Falls Road (the intersection with Belfast Road). Turn right on Belfast Road and follow it as far as you wish. At the eight mile point you can either retrace your steps or turn right onto Tanyard Road. Tanyard runs back into Western Run Road after a mile and a quarter, and it will save you about 2 miles on the return trip. If you take Tanyard, turn left where it ends at Western Run; it's 4 1/2 miles from there back to the industrial park.

During the summer, notice the yellow jewel weed along Western Run. It's a rare variant of the common orange jewel weed. It seems to grow in profusion on Western Run and very little anywhere else. Both jewel weed and varieties are alleged to be antidotes for poison ivy. Rub it on, don't ingest it!

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**Anyone interested  
in joining a staff to  
work on future club newsletters  
please call Mel Walton  
821-8337**

**The job is too big for  
one person anymore  
Join Bob DuPont and myself  
in trying to keep the  
newsletter up to the  
standards I set out with  
seven years ago.**

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**THE CLUB NEEDS HELP!**

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## Sports Medicine

### The Arch

By Dr. NEIL M. SCHEFFLER

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

The height of the arch of one's foot has long been examined to identify possible A "flat foot," for example, was often enough to warrant exclusion from the armed services. There are three basic arch types - high, medium or low. The arch, running from the ball of the foot to the heel and located on the inner border of the foot, may look of normal height when not bearing weight but may flatten considerably when the individual stands up. This flattening effectively acts as a shock absorber to the body but also has some negative factors.

A high-arched foot, on the other hand, is often a rigid foot and is a poor shock absorber. Problems that affect high-arched feet include heel pain, and heel spurs, plantar fascia inflammations and tears, contracted toes, stress fractures, bony enlargements on the top of the foot where the laces tie, and calluses on the ball of the foot.

A flat foot, or a low-arched foot, may be of two types. One type is the foot that appears flat all the time but functions normally. The other type flattens abnormally during weight bearing due to poor function of the foot. Podiatrists refer to this flattening or rolling inward of the foot as pronation. Disorders seen with abnormal pronation include bunions, corns, calluses, stress fractures

plastics have helped tremendously in making light, strong orthotics. New shock absorbing materials like P.P.T. (Langer Laboratories) can be placed on the bottom or top of orthoses. This is especially valuable in treating high-

arched feet which have poor internal shock absorbing properties.

Finally, foot type has a bearing on the choice of shoes for running. A heavy, male runner with high arches may require a shoe that places emphasis on shock absorption. The same shoe with a wide heel that would limit foot motion may not be ideal since a rigid foot needs all the motion it can get. I often have these runners narrow the inner border of the heel of the shoe with a razor. A varus wedge also would not be indicated since

this would decrease pronation and limit motion of the foot. A lighter runner with a pronated foot type on the other hand would need a shoe which would increase foot control. Wide heels, rigid heel counters and varus wedges could assist in controlling this foot type. Rigid orthoses would also be better for this runner than flexible ones.

In summary, therefore, one's foot type has a definite bearing on function and the treatment must be decided upon accordingly.



RACES START AND FINISH AT THE BEAUTIFUL OCEAN CITY CONVENTION CENTER  
40th. st. & coastal highway.

appears flat all the time but functions normally. The other type flattens abnormally during weight bearing due to poor function of the foot. Podiatrists refer to this flattening or rolling inward of the foot as pronation. Disorders seen with abnormal pronation include bunions, corns, calluses, stress fractures and a myriad of other disorders. Pronation also causes abnormal internal leg rotation which may secondarily cause runner's knee, low back pain and other skeletal problems. My low back pain, for example, has been well controlled by orthotics for over ten years.

Podiatric biomechanical examinations can identify foot type, determine possible pathological processes, measure the angles at which the foot joints should function and allow the examining doctor to prescribe corrective procedures where needed.

Often, foot abnormalities are treated with orthotic devices, which I have discussed in earlier articles. Different foot types do require different types of orthoses. Precision measurement of wedges on orthoses by a quality laboratory can often be the difference between success and failure of a particular treatment regimen. Also, all wedges are not always put in the same places on all orthoses nor are they always tilted in the same direction. Valgus (inward tilting) wedges may be used rather than the more well-known varus (outward tilting) wedges.

In addition to choosing the proper wedges, tilted at the proper angle and molded on a well-made cast, the podiatrist must also carefully choose the materials for the orthotic. Space-age

**All members dues must be paid January 1, each year, no matter what date you joined during year.**

**RACES START AND FINISH AT THE BEAUTIFUL OCEAN CITY CONVENTION CENTER  
40th. st. & coastal highway.**

**DISTANCE. TEN MILES--TWO MILE FUN RUN**

**TIME. 10 MILE-9:00A.M. 2 MILE-9:10A.M.**

**ENTRY. \$5.00 PRE-ENTRY REGISTRATION (SEPTEMBER 15, 1980 deadline)  
\$7.00 AFTER DEADLINE-ONLY FIRST 2000 WILL BE ACCEPTED.**

**COURSE. FLAT & FAST--SCENIC, HITS BOARDWALK & INLET.  
TIMES AT 1,5,9, & 10 MILES, refreshments at 2,5,7, & 10 miles.**

**PRIZES. COMMEMORATIVE T-SHIRTS TO ALL STARTERS IN BOTH RACES.  
MEDALLIONS TO FIRST 200 IN TEN MILE.  
AWARDS TO FIRST THREE IN MENS & WOMENS DIVISIONS IN TEN MILE.**

**DIVISIONS. 19 & UNDER, 20-29, 30-39, 40-49, 50 AND OVER.**

**TIMES & PLACES WILL BE RECORDED IN BOTH RACES.**

**NUMBERS AND SHIRTS CAN BE PICKED UP AT THE FENWICK INN-13801 COASTAL  
HIGHWAY. OCEAN CITY, MD. FRIDAY OCTOBER 10, FROM 4.p.m. to 9.p.m.  
SATURDAY AT THE CONVENTION CENTER FROM 7.a.m. to 8.45 a.m.**

**FOR ROOM RESERVATIONS CONTACT JOYCE KINION 301-882-5455.**

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

Remember to enclose \$5.00 - No Refunds  
September 15 - Mail entry deadline  
Race day entries will be \$7.00 - accepted until 8:45 a.m.  
There will be no confirmation sent after you enter.

Please Print

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Age (day of race) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Check one race entered - 10 mi. \_\_\_\_\_ 2 mi. \_\_\_\_\_

Signature of Runner \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Race Number Assigned (official use only) \_\_\_\_\_

Mail to:  
Race Director  
Les Kinion - Sun Run  
P.O. Box 11394-A  
Baltimore, MD 21239



# Iron Man 78 Miler

1. John Roemer, IV (20)	2. 2:54:45	1. 3:50:16	6:45:01
2. George Munro (21)	3. 3:05:00	2. 4:01:44	7:06:44
3. Jim Harrison (35)	3. 3:05:00	4. 4:15:10	7:20:10
4. Bill Deasey (31)	5. 3:11:00	5. 4:20:30	7:31:30
5. Chuck Brumley (40)	10. 3:36:14	3. 4:07:31	7:43:45
6. Stan Cummins (24)	7. 3:19:00	8. 4:38:30	7:57:30
7. Irv Miller (24)	8. 3:25:25	9. 4:40:15	8:05:40
8. John Roemer, III (41)	6. 3:18:04	11. 4:51:43	8:09:47
9. Joe Lacy (24)	12. 3:41:25	7. 4:32:41	8:14:06
10. Lloyd Peters (27)	11. 3:38:20	10. 4:45:34	8:23:54
11. Brendan O'Donnell (19)	18. 4:20:00	6. 4:28:38	8:48:38
12. Jim Gordon (41)	9. 3:29:31	14. 5:19:20	8:48:51
13. Bill Scott (33)	13. 3:48:50	13. 5:16:33	9:05:23
14. Richard Brooks (37)	14. 3:55:57	15. 5:27:32	9:23:29
15. Jeff Godwin	19. 4:20:00	12. 5:05:39	9:25:39
16. John Kilian (22)	15. 3:56:07	16. 5:41:18	9:37:25
17. Jerry Lynch (34)	16. 4:02:36	18. 6:06:24	10:09:00
18. Bryce Burkhart (16)	20. 4:43:00	19. 6:06:32	10:49:32
19. Anthony Smith (19)	22. 5:43:59	17. 5:48:11	11:32:10
20. A.J. VanderWaal (39)	21. 4:51:00	20. 7:00:55	11:51:55
21. Earl Swartzendruber (29)	1. 2:49	2:47 (one loop) DNF	
22. Paul Mikulski (33)	17. 4:10	DNF	
23. Jim Bray	23. 5:43:59	DNF	
24. Matt Miller	—		

"Well, at least it was more fun than falling down two flights of stairs," winced one competitor as he finished the Baltimore Road Runners Club Iron Man 78 Mile Run/Ride Race. "Jaws III," cursed another as he reviewed the jagged profile of a specially prepared elevation map of the course. Twenty four runners tried the marathon run/double marathon bike ride around Prettyboy Reservoir in Northern Baltimore County, Maryland. The course was billed as the toughest Marathon route in the country after Potter County, Grandfather Mountain and Pike's Peak, but that was clearly false advertising: People who had tried both agreed that the Prettyboy course was considerably more difficult than Potter

County. To add to the delightful conditions, cold winds and driving rain during the first three hours of the event raised the spectre of hypothermia; warm, muggy air wafted into the area for the next four hours and brought some participants close to heat exhaustion.

Winner John Roemer, IV, a student at Johns Hopkins University, had spent the previous four months in serious training - for the half mile. He finished second by 1/10 of a second in the Middle Atlantic Conference collegiate championship half mile (in 1:57) two weeks before the 78 Miler. His major training for the Prettyboy Race consisted of a) intervals on the track b) a severe bike wreck two months before the Iron Man, where he wound up

on the roof of a car which rammed him as he was going downhill at thirty miles an hour c) a 39 hour stretch of no sleep/all studying for exams five days before the race.

Roemer finished second in the run, in 2:54:45, and then blew the field away by almost twenty-two minutes on the bike ride.

George Munro, who finished fourteenth in the Hawaii Iron Man Triathlon, took second by fourteen minutes over Jim Harrison. Harrison won the first East Coast Triathlon in 1979 and lost a triathlon two weeks before the 78 Miler only because a marshall had been pulled from a key turn on the run portion of the race. The winner of that race, Chuck Brumley, was fifth overall and the first master in the 78 Miler, despite a slow (3:36) marathon. He honed his biking skills by cycling from Baltimore to the Boston Marathon in April, and apparently the trip was not in vain, as he vaulted five places in the Iron Man with the third fastest bike ride. Brumley had another edge: he began his running career nineteen years ago on the roads around Prettyboy Reservoir.

Race notes: Earl Swartzendruber biked the course a week before the event and said afterward that anyone who ran it hard was crazy. "The racers won't finish." He proceeded to win the run (2:49) and then dropped out after one loop on the bike....

Bryce Burkhart, age 16, was the youngest finisher... John Roemer, III, finisher (41), the race director and father of the winner, was 6th in the run (3:18), but dropped to 8th overall after setting a record slow for changeover from run to bike (20 minutes) when he couldn't find his spectacles or Geritol...

A.J. VanderWaal finished last but deserved an "E" for effort. His bicycle weighed sixty-eight pounds, didn't have drop bars or toe clips and carried squeegy, airless tires for maximum road resistance. A.J., a vegetarian and health food purist, nonetheless consumed twenty two ounce sodas during the event. He managed to beat the thirteen-hour cut-off time by an hour and five minutes....

Brendan O'Donnell, another Hopkins student, was twelve places faster on the bike than on the run....

Anthony Smith reactivated an old knee injury and had to walk the last thirteen miles of the run....

Five finishers of the Hawaii Iron Man Triathlon took part in the race: George Munro, Irv Miller, Joe Lacy, Lloyd Peters and Matt Miller... There were 36 entrants, 24 starters and 20 finishers... The rain gave runners an edge on the cyclists. Paul Mikulski, one of the area's leading riders, dropped out after the run because wet roads kept the bikers from going flat out... Iron Man T-shirts and engraved plaques were awarded to all survivors...

Even the Roemers' golden retriever, Buff (A.K.C. name: Full Contact Buffoonery) took a prize. While his owners busied themselves with racing, he ate a good portion of the post race food: a bowl of liver pate', a pound of hot dogs and a box of donuts.

## Running on Ice

by Carole V. Tamini

One problem all runners face, especially during long, hot weather runs, is how to get enough water for both drinking and cooling off. Here's a simple

Northern Baltimore County, Maryland. The course was billed as the toughest Marathon route in the country after Potter County, Grandfather Mountain and Pike's Peak, but that was clearly false advertising: People who had tried both agreed that the Prettyboy course was considerably more difficult than Potter

1/10 of a second in the Middle Atlantic Conference collegiate championship half mile (in 1:57) two weeks before the 78 Miler. His major training for the Pretty-boy Race consisted of a) intervals on the track b) a severe bike wreck two months before the Iron Man, where he wound up

second by Bryce Burkhart, age 16, was the youngest finisher... John Roemer, III, finisher (41), the race director and father of the winner, was 6th in the run (3:18), but dropped to 8th overall after setting a record slow for changeover from run to bike (20 minutes) when he couldn't find his spectacles or Geritol...

## Running on Ice

by Carole V. Tamini

One problem all runners face, especially during long, hot weather runs, is how to get enough water for both drinking and cooling off. Here's a simple inexpensive solution to the problem you might like to try.

Put several chunks or cubes of ice in a plastic sandwich bag or piece of aluminum foil. You can pin the sandwich bag to your shorts but you'll have to carry the foil. It's lightweight and foil prevents your hand from getting uncomfortably cold.

As the need for liquid arises during your run, you can easily satisfy it by simply chewing on a cube - without even slowing down your pace. Dip your fingers into the ice water which is accumulating in your foil or bag and wet down your hot sweaty brow, neck, throat, and arms.

Like some flavor with your refreshment? Try making your cubes with tea or unsweetened soft drink powder dissolved in water such as Kool Aid.



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TEN PACKS \$11.00

All profit on the E.R.G.  
goes to the  
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# 1st Annual Corporate Cup — Hunt Valley — June 8

Ferocious wind, rain, and hail gave way to heat and humidity on this hilly six miler, the first corporate team competition in Baltimore. The first four finishers for each company were scored cross country fashion; plaques were awarded to the top six teams and to the first six corporate officers, and a silver cup went to the team with the

largest number of finishers. Hess Shoes, with thirteen runners, edged Westinghouse's eleven.

Next year's race will include categories for teams from government agencies. An unofficial team of Baltimore County school teachers (Dick Nair, Frank Nowesielski, Jim Harrison, and Don Wann) was the top public finisher this year.

### TEAM SCORING

	points	Whiteford Taylor Preston Trimble & Johnson	points
1 Sunpapers	43	15 Johns Hopkins Medical Inst. C & P Telephone Co.	230
2 Maryland National Bank	65	17 Voelker Landscaping	254
3 AAI Corporation	86	18 McCormick & Co.	269
4 Hess Shoes	101	19 FMC Corporation	271
5 Westinghouse	124	20 EMC Controls	299
6 General Instrument Corp.	132	21 Deloitte Haskins & Sells	319
7 PHH Group	134	22 BBL Microbiology Systems	333
8 Metro Nautilus Fitness Centers	140	23 Environmental Elements	379
9 Athlete's Foot	151	24 Brooks Price Buick	384
10 Baltimore Gas & Electric	189	25 McGraw Pridgeon & Co.	395
11 Arthur Andersen & Co.	206	26 Allstate Insurance Co.	407
12 Cooper & Lybrand	212		420
13 Miles & Stockbridge	230		520

1 Mark Johnson	Athlete's Foot	32:16
2 Michael Hill	Sunpapers	33:00
3 John McAuliffe	Arthur Anderson & Co.	33:09
4 Mark Schlogel		33:22
5 Jeff Lears		33:41
6 Tom Nowicki		34:13
7 T.H. Torche		34:23
8 Garry Bolan	American Casualty	34:53
9 Bob Rohlfing		35:08
10 Peter Gartman	Black & Decker	35:21
11 Steve Reid	AAI Corporation	35:25
12 Randy Bernstein	Quality Tree Services	35:29
13 Ed Geisendaffer	Westinghouse	35:35
14 Phil Kirby		35:48
15 Don Wann		35:56
16 Clark Judge		36:00
17 Dick Nair		36:05
18 Leon Sutton	Maryland Nat'l Bank	36:20
19 Christopher Bogden		36:25

67 Walter Alston	
68 Larry McCormack	
69 David Walatka	
70 Jeff Meler	
71 Kathy Caruso	Hess
72 Larry Dorr	
73 Ken Hodge	Exxon
74 Walt Morawski	
75 Bill Keller	Westinghouse
76 Bud Absalom	McGrow, Pridgeon & Co.
77 Paul Tully	
78 Patrick Meany	
79 Gary Tenczar	PHH Group Inc.
80 Jack Giesielski	Coopers & Lybrand
81 Al Scanlan	Miles & Stockbridge
82 Ken Herbert	Dawson Plumbing
83 Ron Dorn	McCormick & Co.
84 Jim Kernan	Voelker Landscaping
85 Dave McFadden	
86 Dave Wells	Rob & Dave's Quality Used Cars
87 Paul Nowakowski	
88 Frank Russo	Telephone Energy System
89 Henry Janowitz	Western Electric
90 Roger Knight	Johns Hopkins Medical
91 Tom Edwards	Voelker Landscaping
92 Doug Cooper	EMC Controls
93 John Mace	Arthur Anderson
94 R. Tegtmeier	General Instrument
95 Thorpe Collins	
96 John Hanawalt	Coopers & Lybrand
97 David Junkin	AAI Corp.
98 Bill Reidy	
99 Ward Coe	Whiteford, Taylor, Preston
100 Rob Stafford	Rob & Dave's Quality Used Cars
101 Richard Stotlar	
102 Keith Prem	Niles, Barton, & Wilmer
103 Dan Schultz	Cooper & Lybrand
104 Dayle Wilson	General Instrument
105 Allan Dale	
106 Jim Schup	Miles & Stockbridge
107 Michael Droulette	
108 Richard Bernstein	BG & E
109 Ethan Stenger	C & P Telephone
110 Marty Saunders	
111	
112 Bruce Randle	
113 Tom Buck	
114 Jerry Petty	
115 Lou Rimbach	Brooks-Price Buick
116 Lee Turkowski	Whiteford Taylor Preston

Hess
Exxon
Westinghouse
McGrow, Pridgeon & Co.
PHH Group Inc.
Coopers & Lybrand
Miles & Stockbridge
Dawson Plumbing
McCormick & Co.
Voelker Landscaping
Rob & Dave's Quality Used Cars
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EMC Controls
Arthur Anderson
General Instrument
Coopers & Lybrand
AAI Corp.
Whiteford, Taylor, Preston
Rob & Dave's Quality Used Cars
Niles, Barton, & Wilmer
Cooper & Lybrand
General Instrument
Miles & Stockbridge
BG & E
C & P Telephone

Brooks-Price Buick	43:11
Whiteford Taylor Preston	43:11

12 Randy Bernstein	Quality Tree Services	35:29	108 Richard Bernstein	Michael Droulette	
13 Ed Geisendaffer	Westinghouse	35:35	109 Ethan Stenger	BC & E	
14 Phil Kirby		35:48	110 Marty Saunders	C & P Telephone	
15 Don Wann		35:56	111		
16 Clark Judge		36:00	112 Bruce Randle		
17 Dick Nair		36:05	113 Tom Buck		
18 Leon Sutton	Maryland Nat'l Bank	36:20	114 Jerry Petty		
19 Christopher Bogden		36:25	115 Lou Rimbach	Brooks-Price Buick	43:11
20 Mike Buchanan	Metro Nautilus Center	36:27	116 Joe Jurkowski	Whiteford, Taylor, Preston	43:11
21 Dave Carr		36:27	117 M. Al-Ibrahim		43:11
22 Larry Dragon	Athlete's Foot	36:30	118 Michael Treger	Valley Animal Hosp.	43:12
23 Jay Bowden	Hess Shoes	36:36	119 Paul Mikulski	Hess	43:12
24 Ed Watson	Franklin Life Ins. Corp.	36:37	120 G.J. Schaefer	C & P Telephone	43:12
25 Jeff Springer	Md. Nat'l Bank	36:49	121 Walter Cole		43:14
26 Frank Nowosielski		36:55	122 Larry Fask		43:13
27 John Spies	Bethlehem Steel	37:07	123 Tom Davis		43:14
28 Nebulous Godler		37:13	124 Ken Nielsen		43:14
29 Robert Paulus	Artosar Painting Inc.	37:23	125 Don Jennings	FMC	43:24
30 John Roemer	Hess	37:26	126 Andy Twarowski	FMC Corp.	43:28
31 Patrick McHugh		37:31	127 Stan Bailey	Ditcher & Doyle	43:30
32 Vincent Greene	Westinghouse	37:50	128 Phil Jackman	Sunpapers	43:32
33 Rodney Travis		37:55	129 Ricky Rice	Merry-Go-Round	43:34
34 Don Shobrys		38:00	130 Phil Staller	Md. Nat'l Bank	43:34
35 Thomas Pinter	AAI Inc.	38:02	131 John Mildner	BC & E	43:35
36 Myron D. Campbell		38:03	132 Michael Canova	BC & E	43:38
37 Mike Keelty		38:09	133 John Schidlovsky	Sunpapers	43:41
38 Joe Marbury		38:09	134 Gary Cashion	BBL Microbiology Syst.	43:46
39 Alex Medina	PHH Group Inc.	38:19	135 Martin O'Neill	Dawn Films	43:47
40 Pete Favret	PHH Group Inc.	38:23	136 Stacey Nicholson	Hess	43:48
41 Mel Walton	Sunpapers	38:26	137 Ken Hammann	Johns Hopkins Medical	43:52
42 Ed Hewitt	Sunpapers	38:28	138 Pat Tracy	Arthur Anderson	43:53
43 Mark Chapman		38:29	139 Butch West	Ober Grimes	43:57
44 Murray Sarubin		38:29	140 Ted Gregg	AAI Corp	44:01
45 W.W. Scott	Johns Hopkins	38:32	141 Harold Cook	Balto. City Hosp.	44:08
46 Brian Lee		38:32	142 Steve Perry	Tate Engineering	44:08
47 Andre Ervin		38:33	143 Jim Pennington	Athlete's Foot	44:09
48 Ron Gillis		38:46	144 Tom Graff	General Instrument	44:19
49 Jeffrey Stout		38:48	145 Steven Morrison		44:20
50 Ken Davis	Metro Nautilus Center	38:58	146 Dale Garbutt	Whiteford, Taylor, Preston	44:20
51 Jeff Hollinger		39:03	147 Harry McCambridge		44:21
52 C.A. Sakowitz		39:04	148 Don Heimiller		44:26
53 Richard Heritage		39:18	149 Tom Paradis	Deloitte, Hoskins, & Sells	44:30
54 Douglas William	Metro Nautilus Center	39:14	150 Ed Jendrek	Carney Animal Hosp.	44:36
55 Andy Hartman	Md. Nat'l Bank	39:14	151 Henry McDonald		44:36
56 George Brown	Xerox	39:15	152 Mark Treanor	Niles & Stockbridge	44:41
57 John McMenamin	General Instrument		153 Carl Silverman	Whiteford, Taylor, Preston	44:45
58 David Callard	Alex Brown & Sons		154 Benjamin Kaestner	McCormick & Co.	44:51
59 Bob Hemler	General Instrument		155 Bob DuPont	Sunpapers	44:52
60 Patrick Scatuorchio	Md. Nat'l Bank		156 Angela Cullen	Deloitte Hoskins & Sells	45:02
61 Steve Schaeffer			157 Chuck Wise	PHH Group	45:05
62 Terry Kreitz	AAI Corp		158 Ed Patey	Baltimore Symphony	45:07
63 Nick Delambo			159 Trina Nagele		45:14
64 Dave Chalmers	BG. & E.		160 Ken Sidlovsky	Westinghouse	45:21
65 Lee Myers			161 Ken Walker	Environmental Elements	45:24
66 Monica Sherwin			162 Myron Kellner		45:32

163 Roy Rolig	45:35
164 Pete Malecki	45:37
165 Larry Burner	45:39
166 Vito Giardina	45:40
167 Michele Girod	45:43
168 Joe Dannemann	45:44
169 Anthony Konstant	45:45
170 Vaughn Quidort	45:48
171 Frank Schmieder	45:49
172 Joe Spencer	45:51
173 David Bushovig	45:52
174	
175 John Lehr	45:59
176 Kash Collins	46:03
177 Rochelle Young	46:09
178 Paul Meeks	46:17
179 John Maguire	46:19
180 Michael Allen	46:19
181 Dan Hertz	46:20
182 Bill Hopkinson	46:24
183 Dave Martin	46:29
184 Gerald Huffman	46:35
185 George Claborn	46:49
186 Donald Braun	47:07
187 Tom Panhone	47:07
188 George Hess	47:07
189 Rob Singleton	47:16
190 Steve Hodgson	47:22
191 Frank Farnan	47:25
192 Kathy Pratt	47:25
193 Larry O'Hara	47:29
194 Bryan Bolton	47:29
195 Charles Pacunas	47:35
196 Nelson Weeks	47:37
197 Jim Russell	47:39
198 Glenn Grossman	47:45
199 Alan Stuckert	47:48
200 David Hoeck	47:50
201 J. Carey Martien	47:54
202 William Spencer-strong	48:05
203 Ed Fronden	48:05
204	
205 Jim Gordon	48:08
206 Eugene Truett	48:17
207 Richard Davis	48:26
208 Dan Sheaffer	48:33
209 Bob Davis	48:33
210 John Lind	48:49
211 Doug Whitehouse	48:52
212 Larry Wilson	48:56
213 Michael Kramer	48:57
214 John Fitzpatrick	48:59
215 Ken Krome	49:06
216	49:07
217	49:09

BBL

Athlete's Foot  
C & P  
Westinghouse  
Westinghouse  
PHH Group  
EMC Controls  
Miles & Stockbridge

AAI Corp.  
AAI Corp  
WBAL Radio  
McCormick

Environmental Elements  
BG & E  
Union Memorial Hosp.  
Hess  
Deloitte Haskins & Sells  
FMC Corp.  
Black & Decker

State Accident Fund  
Metro Nautilus  
C & P  
Miles & Stockbridge  
Voelker Landscaping  
Cooper & Lybrand  
Exxon  
BBL  
Industrial Realty Co.

EMC Controls

Maryland Casualty  
PHH Group  
USMC  
AAI Corp.  
Union Memorial Hosp.  
Western Electric  
EMC Control  
Blue Cross/Blue Shield  
Westinghouse  
Black & Decker

264 Michael Bryant	53:12
265 Claudia Jones	53:17
266 Joe Mooney	53:17
267 John Bohlen	53:25
268 George Mister	53:29
269 John Le Cheminant	53:52
270 Ernest Washington	54:16
271 Jacob Saulsbury	54:18
272 J.N. Murry	54:41
273 Victor Lougheed	54:41
274 Richard Pridgeon	54:53
275 Rick Pod	55:00
276 Keith Huebel	55:10
277 Tom Lewis	55:23
278 Jim Sweeney	55:26
279 Ed Cohen	55:28
280 Jerry Bayne	55:29
281 Milton Johnson	55:37
282 R.M. Rayme	55:41
283 Donald Allen	55:46
284 Ray Strum	55:50
285 James Hevey	56:13
286 Bruce Copeland	56:13
287 Laura Majchrzak	56:49
288 Henry Rosendale	56:49
289 J.T. O'Brien	56:58
290 Jeffrey Friedman	56:58
291 Bill Scott	57:01
292 Hank Biddle	57:02
293 Bob McCormick	57:11
294 Elaine Brown	57:25
295 Art Shapiro	57:26
296 Ray Wockenfuss	57:38
297 Robby Betz	58:04
298 David Sandler	58:20
299 Mike Witsman	58:37
300 Orme Jones	58:51
301 Miles Kierson	58:52
302 Edward Boyle	59:15
303 Minor Cartier	59:24
304 Jim Powers	59:27
305 Ann Unrich	59:46
306 Cheryl Tassi	1:00:49
307 Joe Manuli	1:01:03
308 Frank Ortez	1:01:23
309 Anne Harms	1:01:23
310 Betty McGeehan	1:01:24
311 Gary Locke	1:01:56
312 Margaret Maginniss	1:02:19
313 Virginia Lock	1:02:20
314 Gina Gemma	1:02:42
315 Dale DuPont	1:02:43
316 Ida Ward	1:07:59
317 Joahn Kuhn	1:09:12

McCormick Properties  
Montgomery Mut. Ins.  
McCormick & Co.  
McGrow Pridgeon  
Equitable of Iowa  
Maryland Nat'l Bank

Teledyne Energy Systems  
Teledyne Energy Systems  
McGrow, Pridgeon & Co.  
Westinghouse  
McGrow, Pridgeon & Co.  
Miles & Stockbridge  
EMC Controls

Sunpapers

Westinghouse  
Allen, Thieblot & Alexander  
State Accident Fund

Johns Hopkins Medical

AAI Corp.  
AAI Corp.  
State Accident Fund  
Marriotts Hunt Valley Inn  
Marriotts Hunt Valley Inn  
Hess  
BC & E  
Environmental Elements  
Westinghouse

Allstate

Alex. Brown & Sons  
Maryland Casualty  
Hess  
Allstate  
Legg Mason  
Hess  
Marriotts Hunt Valley Inn  
Blue Cross  
State Accident Fund  
Brooks Price Buick  
Miles & Stockbridge

Sunpapers  
State Accident Fund  
Deloitte Haskins & Sells  
EMC

pictures needed



We'd like to have more photographs for our newsletter. If you've got black and white photos of races, workouts, courses or anything else of interest to runners, please send them to

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

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

209 Bob Davis	Union Memoria Hosp.	48:49
210 John Lind	Western Electric	48:52
211 Doug Whitehouse	EMC Control	48:56
212 Larry Wilson	Blue Cross/Blue Shield	48:57
213 Michael Kramer	Westinghouse	48:59
214 John Fitzpatrick	Black & Decker	49:06
215 Ken Krome		49:07
216 Henry McDonald		49:09
217 Sam Suls	Arthur Andersen	49:09
218 Jill Mottus	Hess	49:22
219 Phil Goldstein	Sinai Hospital	49:22
220 Dan Moses	Brooks-Price Buick	49:27
221 Noel Rosenthal	Clydes	49:32
222 Bernard Dieter		49:35
223 Tom Wargo	Hess	49:41
224 Joost	Union Memorial Hosp.	49:49
225 Steve Nauman	Voelker Landscaping	49:55
226 Paul Bierman		49:57
227 D.N. Warstler	Allstate	50:00
228 Robert Bigos	Brooks-Price Inc.	50:03
229 Mark Wolff		50:10
230 Henrik Hansen		50:20
231 Nate Enoic		50:21
232 Dick Matthews		50:22
233 Dennis Clavle	C & P	50:25
234 Charles McGill		50:26
235 William Blair		50:32
236 Mike Spence		50:36
237 David Fox	Westinghouse	50:40
		50:44
239 Susan Spence	Miles & Stockbridge	50:45
240 Clif Haley	C & P	50:46
241 Tom Gorman	McCormick & Co.	50:48
242 Ernie Imhoff	Sunpapers	50:49
243 Trevor Huth	Md. Nat'l Bank	50:58
244 Wayne Wiggins		51:01
245 Bob Lynn		51:01
246 Dan Tourgee	Environmental Elements	51:15
247 Lance Hartley		51:36
248 Ken Ludwig	Hess	51:41
249 Gary Johnson	McCormick Properties	51:45
250 Jerry Kearns		51:47
251 Ed Ely	McCormick Properties	51:50
252 J.P. Jendrek		52:00
253 Roland Wheelbarger	Riemer-Tracy & Assoc.	52:11
254 Charles Rehm		52:18
255 John Servelle	Athlete's Foot	52:19
256 Richard Smith	Environmental Elements	52:23
257 William Thomas	FMC Corp.	52:28
258 David Leggett	H.L. Eikenberg	52:34
259 E.E. Shores		52:50
260 Larry Anson	Environmental Elements	52:51
261 Charlie Leslie	Allstate	52:51
262 Norb Petr		52:55
263 D.H. Feiock	General Instrument	52:59

310 Betty McGeehan		
311 Gary Locke		
312 Margaret Maginniss		
313 Virginia Lock		
314 Gina Gemma		
315 Dale DuPont		
316 Ida Ward		
317 Joan Kuhn		
318 Phil Notarange		
319 James Hester		
320 Mel Soule		

State Accident Fund	1:01:24
Brooks Price Buick	1:02:19
Miles & Stockbridge	1:02:19
	1:02:20
	1:02:42
Sunpapers	1:02:43
State Accident Fund	1:07:59
Deloitte Haskins & Sells	1:09:12
EEC	1:10:43
	1:11:58
BBL Microbiology	1:12:11

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**Maryland Marathon**

**Chestertown Classic**

**New York Marathon**

**Constellation**

**Sea Side 10**

**Easton Y.M.C.A.**

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**Sun Run**

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# 5th Annual Constellation 10K - May 25, 1980

This years race were broken down into two races (women & men) 442 finishers in the womens race and 1728 finishers in the mens.

## 19-Under

1. Scott Litch (18)	31:43
2. Ian Cherry (19)	32:19
3. Paul Barbour (19)	33:47
4. Bradley Gordon (19)	33:54
5. Scott Parkis (19)	33:58
6. Larry Pickett (19)	34:02
7. Tom Nowicki (18)	34:38
8. Don Monaghan (18)	34:46
9. Frank Russo (18)	34:47
10. Tom Covington (17)	34:47

## 20 - 29

1. Dan Rincon (24)	30:18
2. Oliver Taylor (27)	30:42
3. Al Naylor (25)	30:54
4. David Cornwell (23)	31:24
5. Bill Caldwell (24)	31:37
6. Mike Porter (20)	31:39
7. Jeff Smith (24)	31:51
8. Mark Johnson (28)	32:05
9. Mike Monaghan (22)	32:20
10. "Nut" Hall (23)	32:25

## 30 - 39

1. Bill Blewett (32)	31:28
2. Jim Lears (33)	31:59
3. Peter Nye (33)	31:16
4. Wayne Vaughn (34)	32:33
5. Ray Morrison (35)	32:59
6. Dave Starnes (34)	33:05
7. Steve Ruckert (30)	33:29
8. Bill Wooden (36)	34:24
9. Jacob Wind (30)	34:51
10. Pete Gartman (31)	34:58

21. Michael Hill (29)	32:54	122. Gregory Myers (26)	36:49	223. Andrew Callahan (30)	38:45	324. Kevin Dean (16)	40:00
22. Ray Morrison (30)	32:59	123. Tim Fitzgerald (20)	36:50	224. Edward Purpura (27)	38:46	325. Thomas Bolan (31)	40:01
23. Marc Sengebusch (26)	33:02	124. Denny Gerlach (30)	36:51	225. Keith Olson (48)	38:47	326. Robert Moore (33)	40:02
24. David Starnes (34)	33:05	125. Kerry Spaven (25)	36:53	226. Patrick Anl (28)	38:48	327. D. Howell (30)	40:02
25. Dick Hipp (40)	33:09	126. Thomas Kepple (22)	36:54	227. Peter Scherr (13)	38:49	328. Kevin Craven (19)	40:03
26. Robert Rodriquez (24)	33:14	127. John Blaida (27)	36:55	228. Jeffrey Harvey (39)	38:50	329. Michael Pierre (39)	40:04
27. Jeffrey Lears (29)	33:16	128. N. Ritsonis (29)	36:55	229. Reed Pyeritz (32)	38:51	330. Jay Stanley (39)	40:00
28. Stephen Kelly (22)	33:19	129. Alex Sharp (23)	36:56	230. Charles Goode (17)	38:52	331. Ivan Dooley (48)	40:06
29. Kevin Dolan (20)	33:22	130. Bailey St. Chair (41)	36:57	231. Daniel Fleisher (30)	38:53	332. Robert Zagursky (28)	40:11
30. Scott Lutrey (26)	33:25	131. Steven Schaeffer (30)	36:57	232. Erick Williams (12)	38:55	33. Gerald Gears (35)	40:11
31. William Ham (24)	33:28	132. Robert Prince (27)	36:58	233. Kevin Gallagher (22)	38:55	334. David Bare (35)	40:13
32. Steven Miller (28)	33:28	133. Larry Lynch (29)	37:00	234. Ed Jones (16)	38:56	335. James McCarthy (31)	40:14
33. Steve Ruckert (30)	33:29	134. Robert Jones (23)	37:01	235. John Sakles (17)	38:56	336. Gerald Masson (37)	40:15
34. Robert McCubbin (20)	33:33	135. Daniel Garfink (13)	37:02	236. Thomas Naab (28)	38:57	336. Thomas Carty (24)	40:16
35. John McAuliffe (22)	33:36	136. Alan Silverberg (33)	37:02	237. Ernest Matthews (23)	38:58	338. Scott Roper (25)	40:17
36. John Blankfield (20)	33:37	137. Mike Fleming (44)	37:08	238. Barry Antkowiak (18)	38:58	339. Gus Jacobs (43)	40:18
37. Hershiser (22)	33:41	138. Donald Shobrys (26)	37:09	239. Eugene Shmorhun (23)	39:00	340. Robert Hamler (25)	40:18
38. Harry Goodman (26)	33:45	139. John Camillo (32)	37:10	240. Robert Dean (28)	39:01	341. Walter Morawski Jr. (33)	40:19
39. John Kavanagh (24)	33:46	140. Gary Watson (33)	37:11	241. Paul Travers (28)	39:02	342. Donald Heine (22)	40:20
40. Paul Barbour (19)	33:47	141. Sean Flyr (15)	37:13	242. Alan Brokos (23)	39:02	343. James Kernan (17)	40:21
41. Anthony Grier (29)	33:49	142. Patrick McHugh (17)	37:14	243. Russell Garvey (30)	39:04	344. David Holfet (31)	40:21
42. Michael VanBeuren (27)	33:53	143. Paul Sobus (20)	37:15	244. Bernard Noeller (35)	39:05	345. Ralph Johnson (17)	40:22
43. Bradley Gordon (19)	33:54	144. Scott Douglas (15)	37:17	245. Ken Hodge (29)	39:05	346. Franklin Fitz (41)	40:23
44. Scott Paris (19)	33:58	145. Everett Rice (42)	37:18	246. Steven Tuttle (21)	39:06	347. Sidney Afonso (22)	40:23
45. Larry Pickett (19)	34:02	146. Edward Watson III (29)	37:20	247. Frank Petrik (17)	39:07	348. Keith Boniface (17)	40:24
46. David Asaki (24)	34:03	147. Erich Sengebusch (33)	37:20	248. Charles Pikkallidas (30)	39:08	349. Owen Langford (40)	40:25
47. William Wooden (36)	34:24	148. John Grice (30)	37:21	249. Carroll Forrester (29)	39:10	350. Dennis Snyder (34)	40:29
48. Timothy Turner (22)	34:28	149. Edward Herold (19)	37:22	250. Tim McDermott (34)	39:11	351. Wait Troyer (37)	40:29
49. Andrew Bourn (25)	34:35	150. Troy Lewis (32)	37:26	251. Ronald Gillis (26)	39:11	352. Johnathan Rigden (22)	40:30
50. Tom Nowicki (18)	34:38	151. Stephen Kartazia (14)	37:26	252. Peter Winder (30)	39:12	353. James Myers (35)	40:31
51. Richard Schmidt (22)	34:40	152. Robert Williams (37)	37:27	253. Larry Dorr (40)	39:13	354. Charles Miller (33)	40:31
52. Edward Silversmith (20)	34:44	153. Lynn Davis (40)	37:28	254. Samuel Cannamucio (33)	39:13	355. Frank Russo (43)	40:32
53. Brian Harris (25)	34:45	154. Stuart Jacobs (18)	37:28	255. Michael Lacy (32)	39:14	356. Gary Honeman (24)	40:33
54. Donald Monaghan (18)	34:46	155. Brad Roberts (28)	37:29	256. Daniel Chapman (18)	39:15	357. Terrence Miller (21)	40:33
55. Frank Russo (18)	34:47	156. Joe Simon (17)	37:29	257. John Ebaugh (17)	39:15	358. Barry Wilen (19)	40:33
56. Thomas Covington (17)	34:47	157. James Black (43)	37:30	258. John Fehir (33)	39:16	359. David Brewer (26)	40:34
57. Don Forgione (29)	34:49	158. Marty Reid (37)	37:30	259. Joseph Fluri (25)	39:16	360. Stephen Slsop (35)	40:35
58. J. Jacob Wind (30)	34:51	159. Thomas Jackson (17)	37:32	260. Richard Stein (28)	39:16	361. James Miller (32)	40:36
59. John Slocum (28)	34:52	160. Frank Palumbo (32)	37:32	261. Louis Kaluzieuski (31)	39:17	362. Phil Iddings (34)	40:36
60. Steve Six (42)	34:54	161. Ralph Landry (35)	37:33	262. Michael McManus (23)	39:17	363. John Joyce (28)	40:37
61. Thomas Henry (17)	34:57	162. Roger Burrow (36)	37:34	263. Samm Vinch (37)	39:20	364. Gregory Pike (29)	40:37
62. Peter Gartman (31)	34:58	163. Joseph Marbury (42)	37:35	264. Michael Ryan (16)	39:20	365. John Bryant (16)	40:38
63. Daniel Madden (19)	34:59	164. Ralph Olinger (30)	37:36	265. Maurice Flynn Jr. (34)	39:21	366. G. Freeman (40)	40:39
64. Warren Ohlrich (41)	35:03	165. Bryan Denson (22)	37:36	266. Ed McIntyre (26)	39:21	367. Matthew O'Conner (22)	40:40
65. Delroy Saleem (37)	35:06	166. Frank Nowosielski (31)	37:38	267. Christopher Aland (23)	39:22	368. Steve Goldberg (33)	40:41
66. Michael Cady (33)	35:07	167. Larry Olszewski (36)	37:44	268. Ricky Rice (14)	39:22	369. Robert Spillman (15)	40:41
67. Edwin Geisendaffer (40)	35:08	168. Kenneth Davis (23)	37:44	269. James Slafkosky (26)	39:23	370. Peter Johnson (23)	40:42
68. Mark Yerkes (24)	35:10	169. Frederick Sullivan (36)	37:44	270. Larry Lepos (22)	39:24	371. Mari Miller (21)	40:44
69. Richard Kolodrubetz (23)	35:11	170. Stephen Bueker (31)	37:46	271. Patrick Murphy (42)	39:25	372. John Hanawait (27)	40:45
70. David Goucher (24)	35:14	171. Clark Judge (28)	37:48	272. Thomas Crook (19)	39:26	373. William Williams (28)	40:45
71. Desi McNelis (24)	35:23	172. James Heffner (36)	37:48	273. William Fornoff (26)	39:27	374. Francis Hammel (33)	40:46
72. Ted Kramer (24)	35:29	173. Steward Carter (37)	37:51	274. William Keller (20)	39:28	375. Keith Plater (25)	40:46
73. Brian Russo (15)	35:30	174. David Miller (15)	37:54	275. Floyd Gamble (20)	39:29	376. Joseph Rohr (31)	40:47
74. Kenneth Bollinger (18)	35:31	175. Thomas Garrett (30)	37:54	276. Demetrios Fotos (24)	39:30	377. James O'Hara (23)	40:47
				277. Paul Davis (42)	39:31	378. Dan Zorn (16)	40:48

2. Jim Lears (33)	31:59	66. Michael Cady (33)	35:07	167. Larry Olszewski (36)	37:30	268. Ricky Rice (14)	39:22	369. Robert Spillman (15)	40:41
3. Peter Nye (33)	32:33	67. Edwin Geisendaffer (40)	35:08	168. Kenneth Davis (23)	37:44	269. James Slatkosky (26)	39:23	370. Peter Johnson (23)	40:42
4. Wayne Vaughn (34)	32:59	68. Mark Yerkes (24)	35:10	169. Frederick Sullivan (36)	37:44	270. Larry Lepos (22)	39:24	371. Mari Miller (21)	40:44
5. Ray Morrison (35)	32:59	69. Richard Kolodrubetz (23)	35:11	170. Stephen Bueker (31)	37:46	271. Patrick Murphy (42)	39:25	372. John Hanawait (27)	40:45
6. Dave Starnes (34)	33:05	70. David Goucher (24)	35:14	171. Clark Judge (28)	37:48	272. Thomas Crook (19)	39:26	373. William Williams (28)	40:45
7. Steve Ruckert (30)	33:29	71. Desi McNelis (24)	35:23	172. James Heffner (36)	37:48	273. William Kornoff (26)	39:27	374. Francis Hammel (33)	40:46
8. Bill Wooden (36)	34:24	72. Ted Kramer (24)	35:29	173. Steward Carter (37)	37:51	274. William Keller (20)	39:28	375. Keith Plater (25)	40:46
9. Jacob Wind (30)	34:51	73. Brian Russo (15)	35:30	174. David Miller (15)	37:54	275. Floyd Gamble (20)	39:29	376. Joseph Rohr (31)	40:47
10. Pete Gartman (31)	34:58	74. Kenneth Bollinger (18)	35:31	175. Thomas Garrett (30)	37:54	276. Demetrios Fotos (24)	39:30	377. James O'Hara (23)	40:47
		75. Donald Wann (37)	35:32	176. Curtis Aasen (17)	37:55	277. Boyd Davis (42)	39:31	378. Dan Zorn (16)	40:48
		76. Robert Rohlfing (32)	35:33	177. Douglas Lane (18)	38:00	278. George Reagan (16)	39:32	379. Thomas Bradford (37)	40:49
		77. Will Dirks (16)	35:35	178. David Wallace (23)	38:02	279. Ronald Dorn (27)	39:32	380. Thomas McKee (52)	40:49
		78. Jeffrey Atkinson (21)	35:36	179. Richard Lottero (35)	38:05	280. Stanley Cummins (24)	39:33	381. Thomas Milleson (33)	40:50
		79. Joseph Hergert (18)	35:37	180. Thomas Allen (21)	38:06	281. William Hunt (24)	39:33	382. Ryan Maxwell (35)	40:51
		80. Robert Burns (27)	35:37	181. Richard Bavier (34)	38:06	282. George Stewart (27)	39:34	383. George Andrew (34)	40:51
		81. Donn Layne (40)	35:39	182. Thomas Winkert (16)	38:07	283. Michael Silverman (24)	39:35	384. Mark Konodi (23)	40:51
		82. Dwight Hood (30)	35:39	183. Bob Leatherman (28)	38:09	284. Jim Wilborn (11)	39:36	385. Al Daniels (27)	40:59
		83. Chan Robbins (42)	35:40	184. George Adams (37)	38:09	285. Murray Sarybin (38)	39:36	386. Robert Cook (35)	40:52
		84. John Barnes (24)	35:40	185. David Lemon (34)	38:10	286. Michael Lund (34)	39:37	387. Mark Chapman (17)	40:53
		85. Michael Acks (19)	35:41	186. Steve Josephson (19)	38:12	287. Vincent Greene (23)	39:37	388. Dan Betscher (31)	40:53
		86. Rodrick Roberts (18)	35:43	187. Brian Lee (24)	38:15	288. Kenneth Baughman (33)	39:37	389. Richard Rivkin (30)	40:54
		87. Philip Kirby (24)	35:46	188. Reginald Battle (25)	38:15	289. Walter Alston (35)	39:38	390. Thomas Moreland (28)	40:54
		88. Richard Nair (41)	35:46	189. Rob March (28)	38:16	290. Frederick McNulty (41)	39:38	391. Gerry Heller (21)	40:54
		89. Matt Coyne (17)	35:47	190. Frank Fitzpatrick (40)	38:16	291. Jeffrey Stout (16)	39:39	392. Jeff Miller (14)	40:55
		90. William Wuetstone (20)	35:47	191. Myron Campbell (26)	38:17	292. Bruce Damasio (28)	39:39	393. James Stokes (24)	40:55
		91. Bob Harper (30)	35:50	192. Gordon Livingston (41)	38:17	293. Daniel Sullivan (28)	39:44	394. William Spink (30)	40:56
		92. Eric Peltosaio (30)	35:55	193. Mark Sobus (12)	38:18	294. Michael Perrone (30)	39:45	395. Henry Barksdale (51)	40:56
		93. David Carr (25)	35:55	194. L.C. Campbell (25)	38:19	295. George Earp (18)	39:46	396. Lorenzo Plater (46)	40:57
		94. Johnson Ashley (18)	35:57	195. Steve Shimko (30)	38:20	296. Gordon Kamka (40)	39:46	397. Jack Shelton (29)	40:57
		95. Mike Buchanan (27)	35:58	196. Jeffrey Kurtz (28)	38:21	297. Michael Gaidis (13)	39:47	398. Walter Faucette (33)	40:58
		96. Richard Strafella (39)	35:59	197. Raymond Berkley (37)	38:22	298. Chip Hill (33)	39:47	399. John A. Murkey (22)	40:58
		97. Clinton Brooks (41)	36:00	198. Al Filar (49)	38:22	299. Robert Cochavitch (34)	39:48	400. Stephen Johnson (26)	40:59
		98. Jerry Dresner (25)	36:01	199. Eliot Runyon (22)	38:23	300. Thomas McDade (34)	39:48	401. Monty Illick (38)	41:00
		99. Locke Thomsen (32)	36:02	200. Jimmie Herman (32)	38:23	301. James Martin (30)	39:49	402. Robert Tegmeier (39)	41:03
		100. Robert Leo (28)	36:03	201. David Walatka (17)	38:23	302. Mark Daugherty (18)	39:49	403. Robert Boeshove (28)	41:04
		101. William Wiley (19)	36:03	202. Steve Rosasco (47)	38:22	303. David Evans (37)	39:49	404. David Peter (13)	41:04
		102. Chauncey Wilson (29)	36:04	203. John Chappell (23)	38:24	304. George Chester (29)	39:50	405. Patrick Meany (28)	41:05
		103. Joseph Pastore (29)	36:06	204. James Whitlow (13)	38:24	305. Edwin Polk (29)	39:50	406. Bill Ritchie (43)	41:05
		104. Larry Dragon (30)	36:24	205. Wayne Burgemeister (49)	38:25	306. Paul McMillan (22)	39:50	407. Vincent Zegowitz (37)	41:06
		105. William Korror (32)	36:27	206. Jeffrey Hollinger (33)	38:26	307. Stanley Frieman (29)	39:51	408. Steve Herhel (29)	41:06
		106. Garry Bolan (27)	36:27	207. Anthony Lewis (22)	38:27	308. Herman Sykes (40)	39:51	409. Howland Rockney (43)	41:07
		107. John Foote (17)	36:28	208. Richard Getrost (44)	38:28	309. Douglas Smith (41)	39:51	410. William Roughton (34)	41:07
		108. Roy Dickens (19)	36:29	209. David Chalmers (27)	38:28	310. William DiPaula (34)	39:52	411. Michael Magin (33)	41:08
		109. Layne Party (20)	36:31	210. Stephen Wagenfer (30)	38:29	311. James Woodcock (36)	39:52	412. Steven Hull (29)	41:08
		110. Edward Wilson (17)	36:32	211. Michael Droulette (26)	38:29	312. John Barry (37)	39:53	413. Randy Fox (34)	41:09
		111. Chris Chahin (16)	36:35	212. Michael Kemper (35)	38:32	313. Ken Fowler (14)	39:54	414. Art Rosenbaum (28)	41:09
		112. Roger Foreman (36)	36:36	213. Howard Dreizen (26)	38:35	314. Daniel Stern (40)	39:54	415. Gary Sykes (33)	41:10
		113. Joseph Adams (42)	36:36	214. Nick Delamb (38)	38:36	315. William McKenna (42)	39:55	416. Robert DuPont (37)	41:11
		114. Richard Hendrick (13)	36:37	215. Frank Clemson (31)	38:37	316. Bob Kusterer (30)	39:55	417. Daniel Schultz (30)	41:12
		115. Christopher Bogden (27)	36:38	216. Michael Flanagan (27)	38:38	317. David Wells Jr. (30)	39:56	418. Jim Pettit (35)	41:12
		116. Dan Trone (20)	36:38	217. Robert Harrell (16)	38:39	318. Alfred Scanlan (29)	39:57	419. Don Wright (42)	41:13
		117. Stuart Tarleton (20)	36:40	218. Don Fischer (36)	38:39	319. Stephen Overbeck (38)	39:58	420. Glenn Copeland (49)	41:13
		118. Ray Harrison (45)	36:42	219. Martin Decker (26)	38:40	320. Richard Baker (33)	39:58	421. Thomas Emm (24)	41:16
		119. Michael Sicher (32)	36:44	220. Michael Millermann (35)	38:41	321. Alan Lupfer (38)	39:59	422. Charles Springer (44)	41:16
		120. Alan Roogow (36)	36:45	221. Gene Cook (33)	38:41	322. William Umhau (22)	39:59	423. John Kilian (22)	41:17
		121. Gary Gregory (33)	36:49	222. Nathaniel Powell (34)	38:44	323. Allen Gentle (34)	40:00	424. Frank Cox (35)	41:18

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1. Mike Sabino (40)	32:12
2. Dick Hipp (40)	33:09
3. Steve Six (42)	34:54
4. Warren Ohlrich (41)	35:03
5. Edwin Geisendaffer (40)	35:08
6. Donn Layne (40)	35:39
7. Chan Robbins (42)	35:40
8. Dick Nair (41)	35:46
9. Clint Brooks (41)	36:00
10. Joe Adams (42)	36:36

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1. Thomas McLee (52)	40:49
2. Henry Barksdale (5)	40:56
3. Bill Foley (55)	41:42
4. Charles Carwford (54)	41:49
5. George Eikenberg (52)	41:56
6. Al McQuay (55)	43:26
7. Frank Farwan (55)	43:37
8. John Cochran (61)	44:04
9. Harry Kleinman (57)	44:18
10. Howard Suchs (50)	45:55

1. Don Rincon (24)	30:18
2. Oliver Taylor (27)	30:42
3. Al Naylor (25)	30:54
4. David Cornwell (23)	31:24
5. William Biewett (32)	31:28
6. Bill Caldwell (24)	31:37
7. Mike Porter (20)	31:39
8. Scott Litch (18)	31:43
9. Jeffrey Smith (24)	31:51
10. James Lears (33)	31:57
11. Mark Johnson (28)	32:05
12. Mike Sabino (40)	32:12
13. Peter Nye (33)	32:16
14. Ian Cherry (15)	32:19
15. Michael Monaghan (22)	32:20
16. Robert Hall (22)	32:25
17. Carl D'Angio (23)	32:28
18. Wayne Vaughn (34)	32:33
19. Don Uphouse (23)	32:34
20. Max White (29)	32:37





471. Glenn Pendleton (35)	41:51	572. Louis Feinstein (40)	42:59	673. Richard Neiwerth (35)	44:06	773. Cole Waiter Jr. (17)	45:07	874. William Broemm (29)	46:10
472. David Herlocker (39)	41:53	573. Rodney Williams (34)	43:00	674. Paul Reed (46)	44:06	774. Ted Turkel (38)	45:08	875. Robert Page (36)	46:10
473. Stephen Geraghty (23)	41:54	574. Clyde Thomson (34)	43:00	675. Dean Taylor (42)	44:07	775. Mike Braswell (32)	45:08	876. John Harroun (11)	46:10
474. Robert Crooks (33)	41:55	575. Walter Cole (41)	43:01	676. Louis Faulkner (33)	44:08	776. Michael VonHelmst (33)	45:09	877. Dennis Andrzejewski (34)	46:11
475. Paul Nowakowski (24)	41:55	576. Thomas Cherigo (35)	43:02	677. Alfred Hill (27)	44:08	777. David Ydnuk (27)	45:09	878. Don Jennings (26)	46:11
476. Chris Taylor (27)	41:56	577. Paul Russo (14)	43:02	678. Fernando Ferro (17)	44:09	778. David Pergrin (19)	45:10	879. Terry Fulton (26)	46:11
477. George Eikenberg (52)	41:56	578. Stephen Levin (39)	43:02	679. Paul Herman (35)	44:10	779. Larry Fask (34)	45:10	880. Eugene Waldron (37)	46:12
478. Dave Lubber (33)	41:57	579. Andrew Graham (37)	43:03	680. Gregory Fiore (33)	44:11	780. Brian Hoover (22)	45:11	881. Terren Himelfarb (39)	46:12
479. Gary Geiss (27)	41:57	580. Robert Blomquist (28)	43:04	681. Martin O'Neill (42)	44:11	781. Mike Malone (15)	45:11	882. Joseph Spencer (52)	46:12
480. Kent Walker (39)	41:58	581. Robert Sheff (37)	43:05	682. Robert Dean (30)	44:12	782. David Knight (29)	45:11	883. Larry Satterwhite (33)	46:13
481. Ernest Palmer (30)	41:58	582. Michael Payne (28)	43:06	683. Melvin Moore (42)	44:13	783. Timmy Kvech (13)	45:12	884. Vincent Lamonte (36)	46:13
482. James Bitgood (34)	41:59	583. Anthony Ponas (33)	43:06	684. Troy Conran (19)	44:14	784. Eugene O'Sullivan (31)	45:12	885. Dave Joynes (42)	46:14
483. Joseph Cayo (41)	41:59	584. Ted Giovanis (34)	43:07	685. Art St. Martin (35)	44:15	785. Fred Hickok (35)	45:13	886. Thomas Rice (36)	46:14
484. Keith Frederick (26)	41:59	585. John Maas (26)	43:07	686. John Schidlousky (31)	44:16	786. Bob Dimarino (35)	45:13	887. Daniel Hanley (29)	46:15
485. Coblens Scherr (41)	42:01	586. Raymond Farias (41)	43:08	687. Robert Pearson (28)	44:16	787. Gary Kallen (38)	45:14	888. Donald Lewis (45)	46:15
486. Jon Thaler (16)	42:01	587. Bob Flannery (24)	43:09	688. Al Henneman (35)	44:17	788. Mark Geotz (29)	45:15	889. Garry Mueller (22)	46:16
487. Howard Schwartz (23)	42:01	588. Joseph Landers (26)	43:09	689. William Reidy (32)	44:17	789. Thomas Stout (34)	45:15	890. Tom Huber (24)	46:16
488. Thomas Kilduff (32)	42:02	589. Robert Ravecamp (34)	43:10	690. David Jordan (19)	44:18	790. Robert Lapato (32)	45:16	891. Lewyn Garrett (24)	46:17
489. Samuel Spicer (45)	42:02	590. Ricky Thomas (27)	43:10	691. Harry Kleinman (57)	44:18	791. Mark Clampichini (28)	45:17	892. Tom Huegelmeier (32)	46:17
490. Bradley Ebersole (26)	42:02	591. Doug Moyer (40)	43:11	692. Thomas Lewis (15)	44:19	792. Pedro Riverh (39)	45:18	893. Steven DeCarlo (31)	46:18
491. Robert Turner (18)	42:03	592. Jerome Collidge (42)	43:12	693. Tom Berns (33)	44:20	793. John Blevins (21)	45:18	894. Earle Myers (30)	46:18
492. Ron Wolak (33)	42:03	593. Donald Manger (32)	43:12	694. Marc Fleischaker (35)	44:20	794. Bernard Bente (26)	45:19	895. Lyle Mullins (32)	46:19
493. Lorenzo Fennell (42)	42:04	594. Geoffrey Hackman (33)	43:13	695. Joseph Murphy (32)	44:20	795. Bruce Rice (29)	45:20	896. Michael Sage (39)	46:19
494. Edward McFarland (33)	42:04	595. David Smyth Jr. (24)	43:14	696. David Strauser (30)	44:20	796. William Garrison (46)	45:20	897. David Colleman (25)	46:19
495. Robert Phillips (43)	42:05	596. John Allen (36)	43:14	697. Terence Burk (33)	44:21	797. Sam Levine (42)	45:23	898. Phillip Kelly (30)	46:20
496. David Junkin (23)	42:05	597. Thomas Oglesby (35)	43:15	698. Louis Maresca (29)	44:21	798. Martin Marne (46)	45:24	899. Paul Petri (42)	46:21
497. Richard Metzgar (33)	42:06	598. Kenneth Walker (31)	43:15	699. Peter Atherton (36)	44:22	799. James Phillips (39)	45:24	900. Howaqrd Altstein (42)	46:24
498. Jonathan Lowenthal (23)	42:06	599. Tracey Gil (42)	43:17	700. Robert Nease (38)	44:22	800. Gil Goodman (45)	45:25	901. Harry Weetenkamp (23)	46:25
499. Edwin Nobis (41)	42:07	600. Mark Silver (28)	43:20	701. Paul Golumbek (16)	44:23	801. Anthony Marro (38)	45:25	902. John Weetenkamp (32)	46:26
500. Brian Rogers (20)	42:07	601. Joseph Chamberlin (33)	43:21	702. Lawrence Nohe (16)	44:23	802. Gary Miller (20)	45:26	903. Warren Bourn (52)	46:26
501. Robert Maivelett (25)	42:08	602. Robert Fronckowski (26)	43:21	703. Michael Buscemi (27)	44:24	803. Frank Mark (28)	45:26	904. Robert Paulus (28)	46:26
502. Sidney Pilo (36)	42:09	603. Bruce Chapper (30)	43:22	704. David McCall (37)	44:25	804. Morton Orman (32)	45:27	905. H.E. Price (49)	46:27
503. Michael Fisher (27)	42:10	604. Ray Wilson (38)	43:23	705. Richard Yockman (37)	44:25	805. Richard Ayers (35)	45:27	906. Richard Stephens (32)	46:28
504. Fred Laver (32)	42:10	605. John Taylor (30)	43:23	706. Lacy Walker (24)	44:26	806. Carl Silverman (33)	45:28	907. Robin Hiscock (27)	46:28
505. Thomas Bateman (34)	42:11	606. Nathan Reed (27)	43:25	707. John Maguire (38)	44:26	807. John Potter (45)	45:30	908. Robert Harrison (35)	46:29
506. Gerard Stronkowski (42)	42:12	607. James Lewis (43)	43:26	708. Stephen Schumann (14)	44:27	808. Barry Rudnick (33)	45:30	909. Thomas Adolph (28)	46:29
507. Myron Dulterer (33)	42:12	608. Lane Betts (24)	43:26	709. Richard Malozi (15)	44:27	809. Henry McDonald (42)	45:31	910. Bill Curra (46)	46:30
508. Jeffrey Scherr (30)	42:13	609. Bill McQuay (55)	43:27	710. Randy Corcoran (31)	44:28	810. Larry Lewis (26)	45:31	911. Mike Thompson (25)	46:30
509. James Anderson (20)	42:13	610. Christian Calypool (29)	43:27	711. Gary Cashon (34)	44:28	811. Thomas Isaacs (33)	45:33	912. Charles Wise III (31)	46:31
510. Don Singer (44)	42:14	611. George Claborn (26)	43:28	712. Wait Eilers (36)	44:29	812. Richard Eder (34)	45:34	913. Kenneth Schaffer (33)	46:31
511. James Battye (31)	42:14	612. Hugh McClelland (29)	43:29	713. David Lang (30)	44:30	813. John Hammond (28)	45:35	914. Vaughn Quidort (38)	46:32
512. Jeff Fisher (29)	42:15	613. George Delgado (32)	43:29	714. Frank Salemi Jr. (33)	44:30	814. Stephen Cooper (38)	45:35	915. Brendan Walsh (37)	46:32
513. Ernest Young (29)	42:15	614. Paul Wagner (27)	43:30	715. Rod Mayhew (26)	44:31	815. Michael Anselmi (31)	45:35	916. Thomas Andreone (31)	46:33
514. Edwin Green (32)	42:16	615. Ron Larkin (18)	43:31	716. Edwin Miller (37)	44:31	816. Bill Moritz (25)	45:36	917. Allen Wyman (42)	46:33
515. Mark Jacovitte (30)	42:16	616. Stephen Levy (26)	43:31	717. Howard Charney (23)	44:32	817. Mike Buenger (26)	45:36	918. Ronald Petrey (33)	46:33
516. James Linsley (11)	42:17	617. William Blair (22)	43:32	718. Bud Dahlen (32)	44:32	818. Raymond Cooksey (36)	45:37	919. Jason Tripp (7)	46:34
517. David Hays (25)	42:17	618. Richard Baker (32)	43:33	719. Michael Foley (31)	44:33	819. Joseph Vervier (39)	45:37	920. David Tripp (38)	46:34
518. Robert Minor (37)	42:18	619. Edward Beach (17)	43:34	720. Vincent DeBlase (36)	44:33	820. Tom Rigdon (38)	45:38	921. Pace Floyd (40)	46:34
519. Robert Hutsler (32)	42:18	620. Donald Sheaffer (24)	43:34	721. Peter Sciukas (30)	44:34	821. Daniel Gardner (45)	45:39	922. William Lefurgy (26)	46:36
520. Lee Owen (32)	42:19	621. Floyd Harp (20)	43:36	722. Peter Sciukas (30)	44:34	822. Peter Malecki (31)	45:39	923. Walter Quick (27)	46:37
521. Brian Rowland (40)	42:20	622. Bernard Dieter (37)	43:36	723. Jorje Kuznetzoff (36)	44:34	823. John Moffett (32)	45:39	924. Cliff Bennett (37)	46:37
522. David McFadden (32)	42:20	623. Frank Farnan (55)	43:37	724. Ronald Seff (32)	44:35	824. William Shaughnessy (23)	45:40	925. Gary Mueller (31)	46:37
523. Richard Ulrich (25)	42:26	624. Richard Stern (30)	43:37	725. Raymond Hyza (36)	44:35	825. Anthony Konstant (32)	45:41	926. John Weidman (29)	46:38
524. Steve Eick (16)	42:26	625. Doug Whitehouse (39)	43:38	726. Timothy Jewell (33)	44:36	826. Joe Spurrier (26)	45:41	927. Charles Blair (33)	46:39
525. Ward Coe (34)	42:27	626. W. MacCormack (37)	43:39	727. Paul Webb (32)	44:36	827. James Scully (31)	45:42	928. James Hultquist (29)	46:40
				727. Sammel Alspach (40)	44:37	828. Thomas Mansfield (27)	45:43	928. James Trone (21)	46:40

929. Marvin Fuchs (50)	46.41	1030. Paul Wilkes (39)	48.12	1130. Chris Bartner (16)	49.17	1231. Edward Pogue (17)	50.28	1332. James Starkey (33)	52.01
930. David Martin (29)	46.41	1031. John Major (31)	48.12	1131. Lewis Matthews (45)	49.17	1232. Roger Hughart (49)	50.29	1333. Austin Cayo (11)	52.03
931. James Morningstar (37)	46.42	1032. Brian Quinlan (16)	48.13	1132. David Shea (33)	49.18	1233. Edward Beran (27)	50.32	1334. Tim German (13)	52.05
932. Glenn Welch (38)	46.42	1033. David Yockman (11)	48.13	1133. John Fitzpatrick (35)	49.18	1234. Edward Hannon (31)	50.32	1335. Unofficial	52.06
933. Ben Moore (54)	46.42	1034. Michael Anderson (41)	48.14	1134. Bernard Bondroff (38)	49.18	1235. Michael Ross (40)	50.33	1336. Gary Alken (26)	52.07
934. Rochelle Young (37)	48.43	1035. William Boicourt (36)	48.14	1135. Harry Biddinger (28)	49.19	1236. Bernard Leikus (29)	50.33	1337. David Chalmers (51)	52.08
935. John Harrison (43)	46.46	1036. Michael Karweit (40)	48.15	1136. Alan Stuckert (31)	49.19	1237. Steven VanRees (33)	50.34	1338. Bartolomeo (43)	52.08
936. Donald Rutherford (23)	46.47	1037. Steven Boeckman (18)	48.15	1137. Samuel Buckson (28)	49.20	1238. Edward Clerke (28)	50.37	1339. William David (61)	52.09
937. Robert Cormier (48)	46.48	1038. George Kelso (38)	48.16	1138. Robert Schwab (32)	49.20	1239. Michael Quinlan (39)	50.38	1340. Gregory Ondich (36)	52.09
938. Clifton Brown-Bey (33)	46.49	1039. Edward Slunt (43)	48.16	1139. James Mann Jr. (35)	49.20	1240. Patrick Hughes (29)	50.39	1341. Allen Schaeffer (31)	52.10
939. Larry Burner (36)	46.50	1040. William Gross (32)	48.17	1140. Raymond Seifert (45)	49.21	1241. Harvey Pye (26)	50.40	1342. Eugene Shanoltz (26)	52.11
940. Ed Minderlein (36)	46.51	1041. Richard Neuman (42)	48.17	1141. John Gold (31)	49.21	1242. Donald Schiller (27)	50.40	1343. Jack Rugh (36)	52.11
941. Morris Levy (54)	46.51	1042. Kim Collins (35)	48.18	1142. Joseph Reilly (37)	49.22	1243. Eugene Dix (58)	50.41	1344. Martin Yahiro (23)	52.12
942. Bruce Brown (31)	46.52	1043. Bruce Eichelberger (28)	48.18	1143. Norman Murphy (32)	49.22	1244. Ron Mayer (37)	50.41	1345. Michael Correy (11)	52.12
943. Carroll Klingelhofer (36)	46.52	1044. Patrick Luby (34)	48.19	1144. Carroll Weyrich (42)	49.24	1245. James Whitlow Sr. (43)	50.42	1346. Greg Prouty (35)	52.13
944. Kevin Fleming (27)	46.53	1045. Herbert Dorsey (35)	48.19	1145. Robert Frierson (31)	49.25	1246. Elmer Shepperson (30)	50.42	1347. Barry Cohen (30)	52.14
945. Daniel Nichols (39)	46.54	1046. Brian Cullen (14)	48.20	1146. Paul Wiesner (32)	49.25	1247. Joseph McCloskey (33)	50.43	1348. Patrick Kearney (23)	52.15
946. David Reichert (15)	46.54	1047. Michael Dolphin (36)	48.20	1147. Robert Wagner (34)	49.26	1248. Kenneth Luchs (40)	50.44	1349. Stephen Earle (34)	52.16
947. Christopher Shipley (36)	46.55	1048. Benedict Hutson (28)	48.21	1148. Paul Riesner (28)	49.26	1249. George Stelmach (38)	50.44	1350. Bob Broyles (16)	52.16
948. Robert Hassler (30)	46.55	1049. George Keen (51)	48.22	1149. Bruce Reed (38)	49.27	1250. William Norton (46)	50.45	1351. James Wick (43)	52.17
949. Barry Miller (33)	46.56	1050. Michael Musk (25)	48.24	1150. Michael Spence (40)	49.28	1251. Paul Thomas (54)	50.45	1352. Don Beaton (33)	52.17
950. Richard Dubroff (23)	46.57	1051. Elliott Packer (36)	48.24	1151. Henry Dausch (40)	49.30	1252. Fred Craig (42)	50.46	1353. Stanley Amernick (32)	52.18
951. Robert Perciasepe (29)	46.58	1052. Henry Evans (51)	48.25	1152. Robert Wiedefeld (22)	49.31	1253. Edward Watkins (47)	50.47	1354. Isao Oishi (36)	52.19
952. James Burman (19)	47.01	1053. Gene Eckhart (30)	48.25	1153. Noel Rosenthal (34)	49.32	1254. Bill Breitenbach (32)	50.47	1355. Michael Brunt (26)	52.23
953. Robert Fontenrose (35)	47.02	1054. Michael Williams (34)	48.26	1154. C.B. Hess (42)	49.32	1255. Tom Pettis (30)	50.48	1356. Raymond Nardone (49)	52.24
954. Glenn Crossman (24)	47.03	1055. Paul Kosloski (32)	48.27	1155. James Shaw (37)	49.33	1256. Ronald Ostrow (48)	50.49	1357. William Gough (25)	52.24
955. Joe Holland (58)	47.04	1056. Paul Bordes (34)	48.27	1156. Donald Rhody (52)	49.33	1257. Bill Harrison (50)	50.53	1358. Lex Smith (57)	52.27
956. Ernie Silversmith (49)	47.05	1057. Richard Ginsburg (13)	48.28	1157. Davda Elamim (34)	49.34	1258. Robert McCluskey (32)	50.54	1359. Henry Linck (37)	52.29
957. George Boudouris (28)	47.06	1058. John Stalfort (28)	48.29	1158. David Curry (35)	49.34	1259. Tom Shores (28)	50.55	1360. Jerry Silverman (45)	52.30
958. Robert Wissmann (31)	47.07	1059. Jon Miller (35)	48.29	1159. Bob Hepner (40)	49.35	1260. Admund Adami (27)	50.55	1361. Patrick Broe (29)	52.33
959. John Gaines (42)	47.08	1060. Jerry Richardson (42)	48.30	1160. Donald Sudbrook (47)	49.35	1261. Michael Loftus (31)	50.56	1362. Chris Cross (16)	52.34
960. Dick H. Rubinstein (31)	47.09	1061. William Todd (30)	48.32	1161. Richard Rohrbach (38)	49.36	1262. Philip Friedel (63)	50.57	1363. Bruce Henderson (18)	52.37
961. Rick Prothero (27)	47.10	1062. Marvin Norin (53)	48.33	1162. Mark Swartout (19)	49.36	1263. Gregory Gordon (36)	50.58	1364. Milton Swain (40)	52.37
962. Roger Weems (37)	47.11	1063. William Hamm (61)	48.33	1163. James Hobart (31)	49.36	1264. T. J. Matthews (33)	50.59	1365. Donald Rizzo (44)	52.38
963. Lawrence Schmidt (26)	47.11	1064. John Maistrom (17)	48.33	1164. Allen Civffo (27)	49.37	1265. Albert Wenk (40)	51.00	1366. Joseph Twardowski (33)	52.38
964. Earl Howard (33)	47.12	1065. Paul Meeks (33)	48.34	1165. Stanley Corrsin (60)	49.48	1266. John Roney II (26)	51.01	1367. Noah Caldwell (26)	52.39
965. Dale Vogel (43)	47.15	1066. Dana Thompson (29)	48.34	1166. Leslie Nye (26)	49.49	1267. Edward Swartz (30)	51.05	1368. Tom Buscemi (23)	52.39
966. John Dane (28)	47.15	1067. Edward Hurley (40)	48.34	1167. Howard Strassler (30)	49.49	1268. Stephen Pallett (25)	51.05	1369. Steve Cawn (28)	52.40
967. Patrick O'Donnell (31)	47.15	1068. Kim Richeson (33)	48.35	1168. William Tonkins (32)	49.40	1269. Stephens Duklewski (35)	51.06	1370. Joseph D'Adamo (27)	52.42
968. John Bashaar (36)	47.16	1069. Gordon Spangler Sr. (34)	48.35	1169. Gerald Nye (31)	49.41	1270. Russell Balge (39)	51.06	1371. Thomas Segree (10)	52.43
969. Robert Byles (33)	47.18	1070. Kevin Hanger (15)	48.36	1170. David Jones (37)	49.41	1271. David Leggett (28)	51.07	1372. Allen Segree (43)	52.44
970. Sandy Weeks (36)	47.18	1071. Thomas Saunders (32)	48.37	1171. John Pentzer (40)	49.42	1272. Frank Boches (46)	51.07	1373. Charles Coleman (40)	52.45
971. William Wheeler (16)	47.19	1071A. Rodney Corbin (39)	48.37	1172. Richard Butts (45)	49.43	1273. Nate Engle (35)	51.08	1374. Timothy Gaidis (15)	52.45
972. Jesse Henighan (35)	47.19	1072. Richard Widows (38)	48.38	1173. Dennis Ebert (28)	49.43	1274. C.F. Smith (42)	51.09	1375. Robert Kirwan (26)	52.46
973. Marvin Dennison (50)	47.20	1073. Joe Shopulski (33)	48.39	1174. Joseph Antkowlak (48)	49.44	1275. James Soltesz (28)	51.11	1376. John Kearns (30)	52.47
974. Richard Russell (22)	47.20	1074. Norman O'Brien (40)	48.44	1175. David Nagle (11)	49.45	1276. Cyrus Creveling (33)	51.11	1377. Pat Ogle (33)	52.48
975. Robert McGowan (32)	47.21	1075. Thomas Sonrad (18)	48.45	1176. Andrew Allen (39)	49.46	1277. Randy Stow (31)	51.12	1378. Joe Frieman (48)	52.50
976. Joel Freedenburg (24)	47.22	1076. Rob MacMeekin (28)	48.45	1177. Joseph DeLizia (31)	49.47	1278. Mark Pollak (33)	51.13	1379. Robert Hlavac (41)	52.51
977. Keith Osborn (23)	47.23	1077. Jack Casey (35)	48.46	1178. Robert H. Christian (34)	49.47	1279. Paul Spiecker (39)	51.14	1380. Timothy Schott (20)	52.52
978. Douglas Chandler (26)	47.23	1078. Michael Scheerer (28)	48.46	1179. Joseph Brune (46)	49.48	1280. Jon Pentzer (15)	51.15	1381. Larry Hoveman (28)	52.53
979. Carl Parly (46)	47.23	1079. Rocky Matthews (30)	48.47	1180. Jim Bartolomeo (14)	49.48	1281. Peter Horrigan (38)	51.15	1382. Herbert Hane (45)	52.56
980. Richard Kline (30)	47.24	1080. William Jones (37)	48.47	1181. Roland Kurtz (42)	49.49	1282. Carl Richard (47)	51.16	1383. Patrick Breyse (23)	52.57
981. Roland Forrester (23)	47.24	1081. Charlie Reynolds (48)	48.48	1182. Don Kennedy (32)	49.49	1283. Tom Mayfield (24)	51.17	1384. William Kerewsky (41)	52.58
982. Daniel Krimmelbein (26)	47.25	1082. William Vornholt (33)	48.48	1183. Vernon Turner (30)	49.50	1284. George Chageas (47)	51.18	1385. Paul Arthur (39)	52.59
983. Louis Horwitz (34)	47.25	1083. Glenn Bedford (38)	48.49	1184. Howard Berg (26)	49.51	1285. Marvin Ferguson (32)	51.19	1386. Alvis Jenkins (29)	52.59

975. Robert McGowan (32)	47.21	1075. Thomas Sonrad (18)	48.45	1176. Andrew Allen (39)	49.46	1277. Randy Stow (31)	51.12	1377. Pat Ogie (33)	52.48
976. Joel Freedenburg (24)	47.22	1076. Rob MacMeekin (28)	48.45	1177. Joseph DeLizia (31)	49.47	1278. Mark Pollak (33)	51.13	1378. Joe Frieman (48)	52.50
977. Keith Osborn (23)	47.23	1077. Jack Casey (35)	48.46	1178. Robert H. Christian (34)	49.47	1279. Paul Spiecker (39)	51.14	1379. Robert Hlavac (41)	52.51
978. Douglas Chandler (26)	47.23	1078. Michael Scheerer (28)	48.46	1179. Joseph Brune (46)	49.48	1280. Jon Pentzer (15)	51.15	1380. Timothy Schott (20)	52.52
979. Carl Party (46)	47.23	1079. Rocky Matthews (30)	48.47	1180. Jim Bartolomeo (14)	49.48	1281. Peter Horrigan (38)	51.15	1381. Larry Hoveman (28)	52.53
980. Richard Kline (30)	47.24	1080. William Jones (37)	48.47	1181. Roland Kurtz (42)	49.49	1282. Carl Richard (47)	51.16	1382. Herbert Hane (45)	52.56
981. Roland Forrester (23)	47.24	1081. Charlie Reynolds (48)	48.48	1182. Don Kennedy (32)	49.49	1283. Tom Mayfield (24)	51.17	1383. Patrick Breyse (23)	52.57
982. Daniel Krimmelbein (26)	47.25	1082. William Vornholt (33)	48.48	1183. Vernon Turner (30)	49.50	1284. George Chagetas (47)	51.18	1384. William Kerewsky (41)	52.58
983. Louis Horwitz (34)	47.25	1083. Glenn Bedford (38)	48.49	1184. Howard Berg (26)	49.51	1285. Marvin Ferguson (32)	51.19	1385. Paul Arthur (39)	52.59
984. Richard Van Pastel (30)	47.26	1084. Robert Gibbs (39)	48.50	1185. Richard Gough (22)	49.51	1286. Mark Guglielmi (19)	51.19	1386. Alvis Jenkins (29)	52.59
985. Gary Schmidt (31)	47.26	1085. Kenneth Christie (34)	48.51	1186. Eugene Truett (33)	49.52	1287. Kevin McKee (25)	51.20	1387. Craig Baier (22)	53.00
986. Patrick Cullen (41)	47.27	1086. Virgil Shugars (28)	48.52	1187. Chris Nitz (38)	49.53	1288. John Kloster (58)	51.21	1388. Norb Petr (26)	53.01
987. Thomas Coyle (54)	47.27	1087. James Taylor (32)	48.53	1188. Miles Weigold (36)	49.54	1289. Matthew Barksdale (13)	51.21	1389. Scott Schneider (22)	53.02
988. Philip Easter (27)	47.28	1088. Donald Butler (50)	48.53	1189. Michael Gavin (27)	49.54	1290. William Wright (15)	51.22	1390. Charles Rehm (31)	53.02
989. Theodore Smith (27)	47.29	1089. Hal Sternberg (26)	48.54	1190. Robert Melville (56)	49.55	1291. Roy Altman (39)	51.22	1391. Richard Lijewski (34)	53.03
990. Ronald leClair (36)	47.30	1090. Karl Pick (39)	48.55	1191. Dennis DeHart (24)	49.56	1292. Bruce Behrens (36)	51.23	1392. Charles Mullins (42)	53.03
991. George Twill (37)	47.31	1091. John Quick (46)	48.55	1192. Warren Pitts (42)	49.56	1293. Mike Warner (13)	51.24	1393. William Kahn (53)	53.04
992. Allen Paltell (28)	47.35	1092. Jesse Johnson (39)	48.56	1193. Bruce Biggs (35)	49.56	1294. Michael Eckhart (22)	51.25	1394. Herbert Gough (33)	53.04
993. Charles Chesnave (19)	47.36	1093. Phillip Goldstein (43)	48.56	1194. James Dorsey (41)	49.57	1295. Philip Lambert (36)	51.26	1395. Gary May (27)	53.05
994. Larry Hennebger (15)	47.36	1094. David Jenkins (31)	48.57	1195. Neal Cierler (33)	49.57	1296. Roger Wrenn (33)	51.27	1396. Jerry Nowicki (42)	53.05
995. Angelo Yarworth (30)	47.37	1095. Arthur Edwards (16)	48.57	1196. Stuart Bonning (29)	49.56	1297. Daniel O'Connell (27)	51.28	1397. Joseph Malone (28)	53.06
996. Ray Evert (34)	47.41	1096. John O'Neill (22)	48.58	1197. Jerry Garrett (37)	49.57	1298. Will Reed (38)	51.29	1398. Edward Cohen (37)	53.07
997. Richard Parson (37)	47.42	1097. David Davies (22)	48.59	1198. John Layne (38)	49.58	1299. Donald Larkin (36)	51.29	1399. Philip Enstice (31)	53.07
998. Richard Higgins (34)	47.43	1098. Paul Schmidt (29)	48.59	1199. Michael Haibert (41)	49.58	1300. Ernesto Rivera (37)	51.30	1400. Eugene Maurer (38)	53.08
999. Bruce Nagle (40)	47.43	1099. Howard Brickman (25)	49.00	1200. Harry McGinness (35)	49.58	1301. John LeCheminant (46)	51.31	M. Rahman (41)	53.10
1000. Anthony Puleo (48)	47.44	1100. Michael Ricketts (27)	49.00	1201. Bob Juskus (33)	49.59	1302. William Garrett (43)	51.32	1402. William Mallonee (24)	53.10
1001. John Downes (34)	47.46	1101. Herbert Goldman (37)	49.00	1202. Robert Linzey (27)	50.00	1303. William Jackson (36)	51.32	1403. William Krastel (40)	53.12
1002. Raymond Martinier (42)	47.47	1102. Glenn Trimmer (48)	49.01	1203. Glenn Miller (34)	50.01	1304. John Trolley (42)	51.35	1404. James Buttner (34)	53.13
1003. Mark Vernon (24)	47.48	1103. Walter Savage Jr. (32)	49.01	1204. Stephen Zoukis (30)	50.01	1305. Vernon Davies (48)	51.35	1405. Louis Rixham (34)	53.14
1004. Russell Duncan (33)	47.55	1104. Howard Lyman (29)	49.02	1205. Allan Olchowski (32)	50.02	1306. Dennis Davies (20)	51.36	1406. Unofficial	
1005. Drew Mayforth (38)	47.56	1105. Brian Brown (18)	49.02	1206. Wayne Wiggins (26)	50.03	1307. Jeff Wagner (29)	51.36	1407. Earl Scott (40)	53.18
1006. Carl Wright (42)	47.56	1106. Richard Butts (25)	49.02	1207. Michael Lievers (24)	50.07	1308. Dana Williams (30)	51.37	1408. Steven Glock (16)	53.19
1007. Bradley Hebble (28)	47.57	1107. Frank Arminger (33)	49.03	1208. Jerry Hess (23)	50.08	1309. John Dieter (14)	51.37	1409. Walter Dean (45)	53.20
1008. James Swage (37)	47.58	1108. David Haag (28)	49.03	1209. Robert Lynn (39)	50.09	1310. Jim Nueslein (26)	51.38	1410. Gerard Busnuk (33)	53.21
1009. Edward Sanford (31)	47.58	1109. Peter Engel (30)	49.04	1210. Leonard Peshkin (51)	50.10	1311. Ronald Thomas (33)	51.39	1411. James Curry (46)	53.26
1010. Larry Crosby (32)	47.59	1110. Mitch Bush (38)	49.04	1211. Charles McGill (36)	50.10	1312. Clinton Snipes (30)	51.40	1412. Joseph Farbo (26)	53.26
1011. Richard Moure (32)	47.59	1111. Jon Pearl (35)	49.04	1212. Adam Bare (8)	50.10	1313. Ken Thorn (45)	51.41	1413. Carl Josephson (45)	53.29
1012. Ronald Burkman (36)	48.00	1112. Vernon Hines (32)	49.05	1213. Ronald Drinkhouse (49)	50.11	1314. Bernard Dieter (15)	51.42	1414. Bruce Burnside (57)	53.32
1013. Gordon Schmitz (36)	48.00	1113. Richard Wilke (24)	49.05	1214. Richard Smith (31)	50.13	1315. Steve Hassler (17)	51.43	1415. Edward Ely (32)	53.33
1014. Timothy Beaty (37)	48.01	1114. Virale James (25)	49.07	1215. Rex Smith (41)	50.14	1316. Stephen Minnich (35)	51.43	1416. George Michel Jr. (35)	53.34
1015. David Hanson (32)	48.01	1115. William Kotis (46)	49.07	1216. Ronald Boone (34)	50.14	1317. Robert Esterhay (37)	51.45	1417. John Brown (23)	53.34
1016. Buzz Kerr (35)	48.02	1116. Basil Deming (39)	49.09	1217. Gary Magazinger (30)	50.16	1318. Ralph Monaco (44)	51.45	1418. Joseph Seibert (65)	53.35
1017. Anderson Ward (32)	48.02	1117. Daniel O'Connor (14)	49.10	1218. Thomas Lutz (31)	50.17	1319. Mark Taylor (14)	51.46	1419. Jacob Saulsbury (44)	53.38
1018. Richard Cooper (44)	48.03	1118. Donald Nagle (17)	49.11	1219. Clif Haley (52)	50.18	1320. Brian Yockman (13)	51.47	1420. Thomas Keavney (30)	53.39
1019. Lewis Lyons (26)	48.03	1119. William Spencer (38)	49.11	1220. Arthur Suekoff (33)	50.20	1321. George Warner (38)	51.47	1421. William Myers (55)	53.39
1020. Frank Williams (36)	48.03	1120. John Frazee (34)	49.12	1221. Paul Sheitel (34)	50.21	1322. David Costello (26)	51.48	1422. Charles Shores (53)	53.40
1021. William O'Lehry (39)	48.07	1121. Walter Leuschner (41)	49.12	1222. Lee Huston (38)	50.21	1323. Vincent Cerino (38)	51.48	1423. William Eckert (52)	53.41
1022. David Fox (36)	48.08	1122. Jay Hammond (27)	49.14	1223. Michael Guy (27)	50.22	1324. Richard Myer (29)	51.53	1424. Darryl Brandon (25)	53.41
1023. Thomas Kane (45)	48.08	1123. Thomas Ohlert (32)	49.14	1224. William Howard (23)	50.23	1325. Gerald Dicken (34)	51.54	1425. Dennis Jones (26)	53.48
1024. Scott Trenner (22)	48.09	1124. Edward Kantner (37)	49.15	1225. Francis Melcavage (33)	50.24	1326. Jeff Leverque (36)	51.55	1426. Allan Oshry (43)	53.48
1025. John Sicher (34)	48.09	1125. Richard Swanhart (44)	49.15	1226. Robert Boynton (30)	50.24	1327. Martin Goldscher (40)	51.56	1427. Donald Bell (25)	53.49
1026. Robert Bryant (37)	48.09	1126. Michael Menzel (37)	49.15	1227. Jim Wisnowsk (15)	50.24	1328. Thomas Gorman (32)	51.57	1428. Bob Ludhow (39)	53.49
1027. William Grammer (38)	48.10	1127. Justin Voss (39)	49.15	1228. David Pyatt (37)	50.25	1329. Thomas Brewster (39)	51.58	1429. Joe Heldman (33)	53.50
1028. John Winkert (23)	48.10	1128. Richard Hurley Jr. (35)	49.16	1229. Glen McDowal (24)	50.27	1330. John Ames (33)	51.58	1430. C.P. Rogers (10)	53.51
1029. Roland Gross (37)	48.11	1129. Francis KoCur (33)	49.16	1230. Alvin Thaler (41)	50.28	1331. Shea Quinlan (45)	51.59	1431. Philip Rogers (44)	53.55
								1432. Gary Weidner (33)	53.56



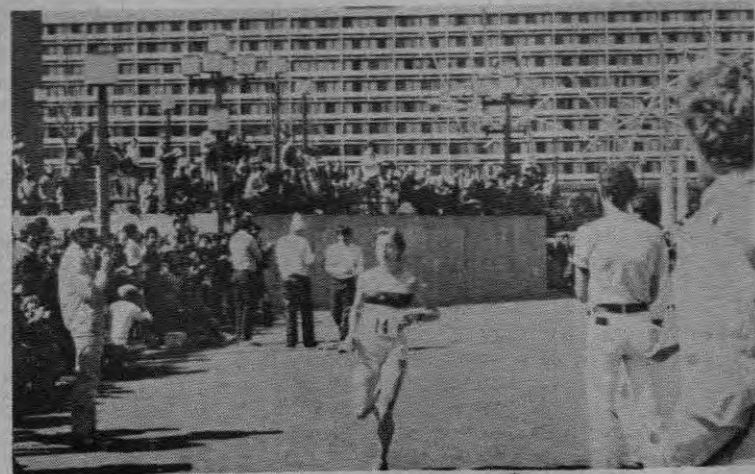
1479. James Gillis (35)	54.49	1579. William Socha (35)	57.33
1480. Alan Dean (33)	54.50	1581. Michael Donohoe (30)	57.35
1481. Daniel Ryan (38)	54.50	1582. John McCarty (51)	57.36
1482. Russell Postier (30)	54.57	1583. Morton Midell (34)	57.37
1483. Barry Weinhouse (36)	54.58	1584. Jose' Sanchez (48)	57.38
1484. Cahrls Minor (36)	55.00	1585. Floyd Taylor (37)	57.39
1485. Joshua Ringel (11)	55.02	1586. Harry Bass (50)	57.40
1486. Ronald Walk (15)	55.04	1587. William Moog (41)	57.41
1487. Kip McManus (8)	55.05	1588. Barry Dubinsky (38)	57.41
1488. Mike Bonanno (35)	55.06	1589. James Huelskamp (45)	57.42
1489. David Gilbert (14)	55.07	1590. Michael Schwartz (25)	57.48
1490. Wesley Wolinski (33)	55.07	1591. Blake (59)	57.49
1491. Barry Elder (50)	55.10	1592. Raymond Lohr (49)	57.50
1492. Michael Caperoon (23)	55.10	1593. Michael Pintzuk (41)	57.51
1493. John Adams (33)	55.11	1594. Timothy Murphy (10)	57.53
1494. Gene Rainaldi (46)	55.12	1595. Chris Hepner (13)	57.54
1495. Norm Fairhurst (46)	55.12	1596. Kenneth Briley (37)	58.00
1496. Wayne Wittik (33)	55.13	1597. Christopher Murphy (8)	58.00
1497. Daniel Marcus (50)	55.12	1598. Jack Elder (30)	58.01
1498. Gerald Davis (33)	55.22	1599. John Andoniades (57)	58.04
1499. David Madow (25)	55.22	1600. Douglas Jovan (32)	58.08
1500. Wayne Benser (26)	55.23	1601. Dennis Hawkins (40)	58.09
1501. Robert Reinicker (55)	55.24	1602. John Cosgrove (24)	58.10
1502. Clinton Buise (39)	55.25	1603. Alan Glick (46)	58.20
1503. James Strunge (31)	55.28	1604. Sammy Altstein (14)	58.20
1504. Byron Brown (41)	55.29	1605. Danny Mahr (14)	58.23
1505. Gerald Kandel (43)	55.29	1606. Melvin Ringel (42)	58.24
1506. Frederick Topor (42)	55.30	1607. Howard Weisberg (26)	58.25
1507. Edward Streeter (32)	55.31	1608. James Casey (42)	58.30
1508. Elliott Badder (37)	55.34	1609. Robert Glick (16)	58.31
1509. James Magliano (34)	55.36	1610. Gary Bepers (49)	58.34
1510. Rick Hackman (35)	55.38	1611. Nathaniel Savage (32)	58.39
1511. Richard Johnson (38)	55.40	1612. Brian Faith (13)	58.44
1512. Howard Steven (26)	55.41	1613. Steven Ballman (26)	58.45
1513. John Schuster III (14)	55.45	1614. Lorenzo Romiti (29)	58.48
1514. John Schuster (43)	55.48	1615. H. Smith (49)	58.52
1515. Bernard Eisenberg (49)	55.48	1616. Kimm White (5)	58.52
1516. John DeGreck (34)	55.48	1617. Jack McNutt (36)	58.53
1517. John Hannigan (34)	55.50	1618. Stan Yankellow (34)	58.53
1518. Stephen Sfekas (33)	55.51	1619. Stanley Rubin (37)	58.54
1519. Joel Cruver (31)	55.55	1620. Stephen Morton (51)	58.56
1520. Robert Danmyon (39)	55.57	1621. Robert Dean (55)	59.04
1521. Gary Madsen (22)	56.00	1622. Philip Recknor (49)	59.05
1522. Stephen Buchness (33)	56.00	1623. Paul Carr (44)	59.05
1523. William Eckert (25)	56.01	1624. Markham Carr (10)	59.12
1524. Pas Romagna (64)	56.02	1625. James Delgaudio (34)	59.18
1525. James Schuyler (33)	56.02	1626. Art Shapiro (27)	59.22
1526. Jerry Dyba (42)	56.03	1627. Michael Mahr (44)	59.23
1527. Geroge Marini (14)	56.03	1628. Gary Fronckoski (19)	59.25
1528. David Larrabee (35)	56.07	1629. Rodney Beach (56)	59.26
1529. Eric Haars (58)	56.08	1630. Mark McDonnell (25)	59.35
1530. Martin Lee (42)	56.10	1631. John Previdi (42)	59.44
1531. Derrick Matthews (27)	56.10	1632. Raymond Wright (43)	59.47
1532. Martin Katz (50)	56.11	1633. E.J. Tress Jr. (34)	59.59
1533. Richard Merkle (33)	56.11	1634. William Setlen (32)	60.01

1681. Jack Carrigan (41)	62.37
1682. Leonard Desser (47)	63.01
1683. Irving Raksin (40)	63.05
1684. Arthur Macqueen (45)	63.05
1685. Edward Schmitt (52)	63.17
1686. Stephen Siegel (37)	63.19
1687. Allan Levy (41)	63.21
1688. Harry Kirchner (55)	63.22
1689. Thomas Caltrider (41)	63.25
1690. Edward Levy (29)	63.35
1691. Harold Zallis (51)	63.10
1692. Scott Schupple (29)	64.01
1693. Mike St. Martin (10)	64.10
1694. Robert Smith (31)	64.18
1695. Will Miner (62)	64.32
1696. Herbert Garten (51)	64.47

**20 - 29**

1. Jennifer White (26)	35:13
2. Carol Sybert (22)	40:11
3. Loretta Clairborne (26)	40:20
4. Mary Copeland (20)	40:26
5. Eleanor Simousick (21)	40:56
6. Sarah Smith (29)	41:21
7. Theresa Buescher (21)	41:25
8. Mary Eriksen (29)	41:33
9. Dianna Miller (27)	41:44
10. Erika Wiemann (20)	42:09

9. Eleanor Simonsick (21)	40:56
10. Monica Sherwin (18)	41:15
11. Louise Lears (30)	41:20
12. Sara Smith (29)	41:21
13. Cindy Gaver (17)	41:24
14. Theresa Buescher (21)	41:25
15. Mary Eriksen (29)	41:33
16. Dianna Miller (27)	41:44
17. Erika Wiemann (20)	42:09
18. Kathleen Gallagher (31)	42:17
19. Sarah Lestz (18)	42:31
20. Catherine Kleeman (32)	42:40
21. Lisa Siegel (25)	42:56
22. Rita Folan (27)	42:56
23. Kim White (20)	42:57
24. Jeanne Foreman (35)	43:02
25. Leslie Weger (29)	43:10
26. Sue Lawrence (23)	43:11
27. Nancy B. Rogers (32)	43:33
28. Michele Girod (17)	43:36
29. Mary Sue Powell (25)	43:48
30. Trina Nagele (36)	43:51
31. Valerie Nye (34)	43:55
32. Paula Gage (21)	43:56
33. Sue Jacobs (33)	44:00
34. Dolly Broyles (36)	44:00
35. Coleen Troy (22)	44:10
36. Jean Silverman (23)	44:12
37. Amy Rukamp (12)	44:13
38. Janine Cormier (21)	44:35
39. Veronica Jones (25)	44:49
40. Arlene Gamble (33)	44:55
41. Janet Yu (24)	44:59
42. Christine Gellert (28)	45:05
43. Andrea Nelson (34)	45:07
44. Kathleen Moran (27)	45:08
45. Carol Heffner (39)	45:25
46. Cynthia Baerer (29)	45:36
47. Cindy McManus (34)	45:44
48. Judith Hasler (42)	45:50
49. Debbie Passmore (17)	45:51
50. Jill M. Huppert (20)	45:54
51. Deboron Eads (21)	46:00
52. Caroline Richardson (16)	46:15
53. Rebecca Allgeier (19)	46:28
54. Rachel Nielsen (49)	46:38
55. Dierdre Tiffany (12)	46:47
56. Susan Foelbol (22)	46:53
57. Beverly Kelly (23)	47:02
58. Linda Buttner (32)	47:11
59. Kathleen Pratt (19)	47:15
60. Jane Tumpson (33)	47:16
61. Sandra Cohen (31)	47:17
62. Linda Roof (32)	47:21
63. Nancy Adolph (21)	47:24



64. Karen Carter (32)	47:28	165. Meg Friedman (33)	54:03	266. Julie Szymaszek (31)	58:41	367. Beverly Binder (23)	1:04:06
65. Nancy Albrittsih (25)	47:32	166. Bonnie Thomas (33)	54:15	267. Frances Pilarski (38)	58:42	368. Rebekah Kaufman (27)	1:04:02
66. Mary Hain (20)	47:37	167. Delrie Hobbs (25)	54:16	268. Susan Lambert (36)	58:42	369. Karen Laudenslayer (34)	1:04:12
67. Margaret Boeckmann (38)	47:38	168. Debbie Wolak (30)	54:18	269. Louise Wagner (28)	58:44	370. Marcia Schultz (31)	1:04:14
68. Sherry Kendall (43)	48:06	169. Mary Harvey (28)	54:21	270. Pam Plummer (29)	58:46	371. Lois Brubaker (33)	1:04:16
69. Suzanne Wenk (13)	48:17	170. Carole Tamini (41)	54:22	271. Linda Payne (30)	58:50	372. Jenny Josephson (13)	1:04:17
70. Darby O'Donnell (32)	48:18	171. Rosalind Victor (29)	54:25	272. Elizabeth Dean (50)	58:53	373. Stephanie White (35)	1:04:19
71. Beverly Harvey (28)	48:21	172. Lisa Haskins (30)	54:34	273. Mary Lomp (40)	58:53	374. Mary Spadone (54)	1:04:22
72. Randon Fritsch (35)	48:24	173. Yvonne Aasen (48)	54:35	274. Carole Demske (31)	58:55	375. Teresa Muth (24)	1:04:23
73. France Menk (42)	48:30	174. Gail Larson (35)	54:36	275. Carleen Myers (26)	58:59	376. Pamela Chester (15)	1:04:24
74. Jean Edwards (28)	48:41	175. Diana Parson (37)	54:37	276. Lynda Gaidis (40)	58:59	377. Barbara HineLine (17)	1:04:32
75. Christy Knoska (31)	48:42	176. Nancy Novak (25)	54:38	277. G. Littlehales (44)	59:00	378. Gregory Duncan (9)	1:04:32
76. Linda Maguire (25)	48:43	177. Betsy Illick (37)	54:42	278. Ginny Leeb (45)	59:00	379. Catherine Becker (25)	1:04:34
77. Colleen Pierre (37)	48:44	178. Mary Ann Laws (27)	54:43	279. Joanne Johnson (38)	59:01	380. Laurie Fleishman (17)	1:04:47
78. Annette Conlon (24)	48:46	179. Lola Wible (35)	54:45	280. Marlene Brull (38)	59:03	381. Linda Romiti (31)	1:04:52
79. Rose Kennedy (17)	48:54	180. Rachel Faulkner (16)	54:47	281. Darlene McMullen (41)	59:06	382. Paulette Thomas (33)	1:04:54
80. Lisa McCarthy (19)	48:57	181. Debbie Fox (33)	54:50	282. Judy Rorrer (28)	59:08	383. Emilie Philip (27)	1:04:56
81. Ann McLaughlin (25)	49:00	182. Jayne Gibson (29)	54:53	283. Dorcas Haines (35)	59:09	384. Marty Cicchinell (32)	1:04:57
82. Lee L. Goon (23)	49:06	183. Susan Jernberg (31)	55:13	284. Christine Lay (23)	59:17	385. Lorraine Clough (22)	1:05:01
83. Patricia Peterson (46)	49:13	184. Dale Atkinson (30)	55:13	285. Elizabeth McGeehan (46)	59:18	386. Candace Kadel (31)	1:05:03
84. Jennifer Martin (16)	49:13	185. Karen Curley (32)	55:15	286. Joanne Radice (32)	59:28	387. Elaine Rayme (41)	1:05:19
85. Retta Blaney (25)	49:14	186. Heather Curran (8)	55:18	287. Laura Rogers (15)	59:29	388. Nancy Streeter (38)	1:05:25
86. Christine Wallace (29)	49:15	187. Robin Sykes (26)	55:21	288. Martha Trimmer (51)	59:31	389. Jennie Tucker (39)	1:05:29
87. Lori Collmann (23)	49:16	188. Karen Schroeder (35)	55:23	289. Christine Regner (28)	59:41	390. Michelle Wheatley (26)	1:05:29
88. Julie Party (16)	49:20	189. Micki Gellman (40)	55:24	290. Sandy Wipe (30)	59:49	391. Andrea Holman (27)	1:05:31
89. Amy Gaver (31)	49:24	190. Barbara Warner (26)	55:29	291. Suzanne Swiss (33)	59:49	392. Adele Montecalud (17)	1:05:37
90. Helena Bullion (30)	49:31	191. Janet Oken (25)	55:32	292. Virginia Murphy (30)	59:50	393. Holly Whitten (27)	1:05:42
91. Carol Prochazra (22)	49:33	192. Sharon Cooksey (33)	55:34	293. Ruth Dickerson (33)	59:51	394. Ruthann Postier (28)	1:05:45
92. Barbara Garner (41)	49:34	193. Francis Creamer (36)	55:40	294. Anne Olmedo (19)	59:55	395. Karla Dillon (28)	1:05:57
93. Brenda Stup (25)	49:47	194. J. Stephens (36)	55:45	295. Lee Kelly (27)	59:55	396. Wendy Ginsbury (39)	1:05:58
94. Amy Marshall (15)	49:50	195. Eleanor Carey (38)	55:45	296. Kathy Kafer (28)	59:56	397. Patricia Upton (23)	1:05:58
95. Jacquelyn Eubanks (24)	49:58	196. Kathleen James (20)	55:46	297. Cissy Martin (28)	1:00:00	398. Marilyn Kincaid (32)	1:05:58
96. Katherine Grice (25)	49:59	197. San Chastain (48)	55:49	298. M. Dunevant (27)	1:00:01	399. Kathryn Bensch (32)	1:06:01
97. Susan McFadden	50:03	198. Denise Kelley (20)	55:56	299. Lynn Giering (22)	1:00:11	400. Charlotte Snyder (32)	1:06:03
98. Audrey Pendleton (32)	50:04	199. Linda Trapp (28)	55:59	300. Barbara Jackson (34)	1:00:11	401. Martha Jultle (35)	1:06:04
99. Margaret Cochran (56)	50:06	200. Mary Huston (32)	56:02	301. Doretta Hawk (19)	1:00:30	402. Lorraine Presser (39)	1:06:44
100. Romulle Jones (22)	50:13	201. Carole Leturgez (32)	56:02	302. Lana Logsdon (23)	1:00:30	403. Anna Becker (48)	1:06:55
101. Susan Dean (36)	50:15	202. Janice Stelmach (38)	56:05	303. Shirley Robinson (36)	1:00:32	404. Susan Mobley (23)	1:06:55
102. M. McDonough (35)	50:25	203. Linda Cromwell (30)	56:09	304. Mary Craine (31)	1:00:33	405. Linda Stevens (31)	1:06:57
103. Trudy Sykes (37)	50:25	204. Nan Knott (29)	56:14	305. Lynne Brindza (30)	1:00:34	406. Kathie Nicholson (22)	1:07:05
104. Mildred Burkman (34)	50:25	205. Carol Fish (31)	56:18	306. Beverly Dodson (23)	1:00:41	407. Georgia Cavey (34)	1:07:31
105. Michele Linck (28)	50:26	206. Linda Wallendorf (37)	56:24	307. Virginia Stibolt (36)	1:00:45	408. Kitty Chandler (50)	1:07:47
106. Karen Soisson (33)	50:28	207. Dana Urban (28)	56:25	308. Betsy Chang (23)	1:00:48	409. Hilary Murphy (13)	1:08:01
107. Julie Josephson (15)	50:28	208. Laren Stover (26)	56:28	309. Denise Kellinger (26)	1:00:49	410. Joyce Little (31)	1:08:02
108. Eileen Goldgeier (17)	50:39	209. Peg Swartont (47)	56:36	310. Donna Page (28)	1:00:51	411. Ginger Duncan (30)	1:08:05
109. Debbie Novak (24)	50:44	210. Monica Cayo (12)	56:36	311. Wendy Crawford (15)	1:00:53	412. Deborah Costello (25)	1:08:14
110. Maxine Arigo (37)	50:47	211. Patti Schindler (26)	56:36	312. Heather Trimmer (16)	1:00:54	413. Peggy Miller (48)	1:08:16
111. B. Marriott (32)	50:47	212. Carol Huddy (42)	56:37	313. Cynthia Williams (22)	1:01:01	414. Maggie Caverly (24)	1:08:34
112. Maria Perkins (33)	50:48	213. Jean Nair (37)	56:38	314. Joyce Waterman (30)	1:01:15	415. Sharon Moy (20)	1:08:48
113. Jeanne Deggan (36)	50:50	214. Marlene McClain (42)	56:38	315. Lorna Curran (35)	1:01:16	416. Pamela Luger (33)	1:08:49
114. Debra Edge (25)	50:52	215. Arleen Kvech (37)	56:40	316. Jeane Tamberrino (27)	1:01:17	417. Pamela Notarange (25)	1:08:53
115. Tracey Manoff (24)	50:55	216. Marybeth Bacinski (21)	56:44	317. Marilyn Nicholas (42)	1:01:25	418. Tiegell Ruth (35)	1:08:54
116. Linda Colsh (33)	50:56	217. Kristine Heine (29)	56:46	318. Pat Schuppe (28)	1:01:29	419. Jill Hepner (11)	1:08:59
117. Susan Fink (24)	50:59	218. Virginia Berman (22)	56:46	319. Pat Schuppe (28)	1:01:33	420. Beth Henner (11)	1:09:29

5th — Dale Bateman and Steve Hubbard ..... 3:07

Harrison and Bowden were never headed, but the Caldwell/Brumley team just barely gained second on Brumley's ferocious bicycle charge in the last fine miles. He overtook two runners with 2½ miles to go and a cyclist in the last mile and three quarters.

## Sunday, June 22, 1980 - 10 Mile BRRC Championship Race #3 - LRD

1. Harry Goodman (26)	54:38
2. Nat Hall (22)	54:49
3. Scott Lutrey (26)	55:22
4. Garry Bolan (27)	55:25
5. Delroy Saleem (37)	55:33
6. E. Swartzendruber (29)	55:44
7. Jeff Lears (30)	56:01
8. Charlie Koester (35)	56:16
9. Scott Paris (19)	56:37
10. Dave Goucher (24)	56:53
11. Larry Glose (25)	56:54
12. Bob McCubbin (20)	57:29
13. Larry Pickett (19)	57:33
14. Locke Thomsen (32)	57:35
15. Ed Geisendaffer (40)	57:44
16. Mark Yerkes (25)	57:53
17. Dick Nair (41)	58:04
18. Robert Rohlfing (32)	58:08
19. Marge Rosasco (32)	58:14
20. Phil Kirby (24)	58:32
21. Jim Harrison (35)	58:38
22. Joe Herget (18)	58:47
23. Frank Russo (18)	59:29
24. Bernard Robier (36)	59:33

109. Debbie Novak (24)	50:47	210. Monica Cayo (12)	56:36	311. Wendy Crawford (15)	1:00:53	412. Deborah Costello (25)	1:08:14	16. Mark Terkes (25)	57:44
110. Maxine Arigo (37)	50:47	211. Patti Schindler (26)	56:36	312. Heather Trimmer (16)	1:00:54	413. Peggy Miller (48)	1:08:16	17. Dick Nair (41)	57:53
111. B. Marriott (32)	50:47	212. Carol Huddy (42)	56:37	313. Cynthia Williams (22)	1:01:01	414. Maggie Caverly (24)	1:08:34	18. Robert Rohlfing	58:04
112. Maria Perkins (33)	50:48	213. Jean Nair (37)	56:38	314. Joyce Waterman (30)	1:01:15	415. Sharon Moy (20)	1:08:48	19. Marge Rosasco (32)	58:08
113. Jeanne Deggan (36)	50:50	214. Marlene McClain (42)	56:38	315. Lorna Curran (35)	1:01:16	416. Pamela Luger (33)	1:08:49	20. Phil Kirby (24) (32)	58:14
114. Debra Edge (25)	50:52	215. Arleen Kvech (37)	56:40	316. Jeane Tamberrino (27)	1:01:17	417. Pamela Notarange (25)	1:08:53	21. Jim Harrison (35)	58:32
115. Tracey Manoff (24)	50:55	216. Marybeth Bacinski (21)	56:44	317. Marilyn Nicholas (42)	1:01:25	418. Tiegel Ruth (35)	1:08:54	22. Joe Herget (18)	58:38
116. Linda Colsh (33)	50:56	217. Kristine Heine (29)	56:46	318. Pat Schupple (28)	1:01:29	419. Jill Hepner (11)	1:08:59	23. Frank Russo (18)	58:47
117. Susan Fink (24)	50:59	218. Virginia Brown (36)	56:48	319. Faith Gartrell (27)	1:01:33	420. Beth Hepner (11)	1:09:29	24. Bernard Robier (36)	59:29
118. Kelly Curran (11)	51:13	219. Joyce Levy (52)	56:49	320. Barbara Taylor (35)	1:01:36	421. Joyce Sanders (21)	1:09:47	25. Michael Millemann (35)	59:31
119. Sue Coleman (34)	51:15	220. Mary Krastel (32)	56:55	321. Beverly Bellows (42)	1:01:38	422. Gaylynn Maistras (32)	1:10:01	26. Bill Korrow (32)	60:05
120. Annette Dagg (46)	51:15	221. Laura Machrzak (22)	57:01	322. Karen Murphy (24)	1:01:41	423. Gwen Vaughan (39)	1:10:13	27. Jim Black (43)	60:05
121. Nancy Breede (27)	51:16	222. Kim Niemyer (24)	57:01	323. Linda Sanzone (29)	1:01:43	424. Cheryl Gordon (27)	1:10:15	28. Clinton Brooks (41)	60:20
122. Terri Saunders (28)	51:18	223. Chris Lean (27)	57:06	324. Deborah Noble (30)	1:01:46	425. Susan Sanders (24)	1:10:19	29. Jim Shank (31)	60:49
123. Trish Mayhugh (25)	57:30	224. Karen Wessel (29)	57:06	325. Ursula Cain (37)	1:01:46	426. Carmella Clifford (24)	1:10:36	30. John Roemer (41)	60:53
124. Flawa Deming (11)	51:24	225. Jimmie Hepner (37)	57:06	326. Patricia Lilek (31)	1:01:49	427. Karen Whitman (37)	1:10:44	31. Layne Party (20)	61:21
125. Kathleen Ourand (23)	51:25	226. Marianne Evans (34)	57:07	327. Sharon Goetz (31)	1:01:54	428. Victoria Riley (33)	1:10:53	32. Bill Schwartz (42)	61:36
126. Nancy Huelkamp (13)	51:30	227. Patricia Schmidt (32)	57:07	328. Cheryl Tassi (24)	1:01:59	429. Sonia McHenry (26)	1:11:07	33. Tom Pinter (37)	61:51
127. Kiele West (27)	51:33	228. Janet Beers (24)	57:08	329. Linda Hall (21)	1:02:01	430. Rosemary Stankis (37)	1:11:22	34. Jack Barry (37)	61:57
128. Joan Parr (30)	51:39	229. Elaine Brown (24)	57:09	330. A. P. Beach (14)	1:02:04	431. Brenda Dorenfeld (30)	1:11:22	35. Jim Gordon (41)	62:41
129. Joanne Sfekas (35)	51:53	230. Ann Swift (24)	57:09	331. Sheila Kleintank (13)	1:02:03	432. Harriet Garfink (39)	1:11:41	36. Milton Taylor (47)	63:02
130. Nancy Cohen (30)	51:54	231. Susan Bennett (38)	57:12	332. Karen Maged (32)	1:02:05	433. Dawn Moog (30)	1:12:07	37. Donn Layne (40)	63:06
131. Mary Levine (30)	52:01	232. Bonnie Preston (34)	57:14	333. Ginny Kleintank (19)	1:02:08	434. Suzanne Murphy (40)	1:16:31	38. Don Daut (25)	63:11
132. Bernadette Lay (21)	52:03	233. Jeanne Smith (31)	57:15	334. Carol Lichey (33)	1:02:09	435. Penny Kvech (38)	1:16:47	39. John Fehir (33)	63:20
133. Karen Leikus (27)	52:07	234. Leona Schultz (27)	57:16	335. Ginger Timian (36)	1:02:09	436. Cynthia Lyons (34)	1:16:49	40. Al Filar (49)	63:24
134. Judith Taylor (27)	52:16	235. Sharon Holroyd (30)	57:16	336. Jamie Janiski (14)	1:02:15	437. Myra Goldgeier (42)	1:19:35	41. Jim Herman (32)	63:27
135. Jayne Astle (39)	52:25	236. Suzanne Hill (38)	57:18	337. Kim Livingston (16)	1:02:23	438. Joyce Leviton (35)	1:21:25	42. Jerry Eisman (33)	63:41
136. Ann Walter (45)	52:28	237. Roberta Brown (31)	57:19	338. Beverly Davies (25)	1:02:25	439. Claudia Merkle (31)	1:21:29	43. Steve Rosasco (47)	63:41
137. Crystal Chissell (18)	52:29	238. Jeanne Townshend (51)	57:29	339. Penny Johnson (37)	1:02:26	440. Carol Pace (32)	1:23:38	44. Brian Russo (15)	63:45
138. Fran Stubnicki (37)	52:34	239. Ann Recknor (49)	57:40	340. Ida Ward (46)	1:02:30	441. R. Noble (30)	1:24:20	45. Tony Trantas (31)	63:54
139. Claire Rossman (40)	52:35	240. Martha Mazerski (26)	57:40	341. Teril McCarthy (16)	1:02:33	442. Janette Atkins (34)	1:25:07	46. Mark Chapman (17)	63:55
140. Mary Parkinson (29)	52:36	241. Polly Behrens (36)	57:41	342. Tracey Fox (16)	1:02:38			47. Reed Pyeritz (32)	63:57
141. Antoinette Reed (16)	52:50	242. Molly Macauley (22)	57:51	343. Sally FAMILTON (29)	1:02:43			48. Terry Kreitz (34)	64:04
142. Jo Hassler (29)	52:53	243. Kathy Whitley (30)	57:54	344. Dale K. DuPont (35)	1:02:45			49. Bill Fornoff (36)	64:07
143. Nina Jaskulsky (26)	52:52	244. Tina Riviere (28)	57:54	345. Eileen Mengers (31)	1:02:49			50. Dave Chalmers (27)	64:25
144. Theresa Garrett (34)	53:01	245. Janice Hebble (27)	57:55	346. Karen Willoughby (22)	1:02:49			51. John Spies (22)	64:32
145. Betsy Crowley (38)	53:02	246. Fran Sherman (58)	57:58	347. Rebecca Yates (31)	1:02:54			52. Ron Gillis (26)	64:43
146. Constance Baker (31)	53:08	247. Carol Bayne (33)	57:58	348. Joyce Matoska (40)	1:03:04			53. Sam Vinch (37)	64:49
147. Jennifer Powell (30)	53:15	248. Melissa Ledford (11)	57:59	349. Dina Longo (21)	1:03:09			54. Tom Garrett (30)	64:53
148. Linda Barry (34)	53:18	249. Leah Gartrell (23)	58:01	350. Helen Griffin (39)	1:03:18			55. Scott Schaffer (18)	65:11
149. Va. Cleslicki (30)	53:23	250. Joyce Becker (34)	58:02	351. Bobby Malone (40)	1:03:21			56. Tom Carty (24)	65:14
150. Shirley Deiner	53:24	251. Kathy Rock (42)	58:03	352. Bernadette Low (36)	1:03:27			57. Jay Stanley (39)	65:21
151. Willa Brooks (30)	53:34	252. Christine Bensley (36)	58:04	353. Frances Jamerson (29)	1:03:31			58. Bob Leatherman (28)	65:26
152. L. Freddenberger (41)	53:37	253. Amy Wood (13)	58:05	354. Ruth Davidson (40)	1:03:37			59. Bill Keller (20)	65:31
153. Veronica Gross (30)	53:43	254. Charmaine Lewis (42)	58:09	355. Mary Piekarski (37)	1:03:43			60. Nick Delambo (38)	65:36
154. M. Olemedo (18)	53:44	255. Deborah Paul (28)	58:14	356. Sally Carzon (31)	1:03:43			61. Myron Campbell (26)	65:37
155. Susan Jones (29)	53:47	256. Suzanne Magin (29)	58:15	357. Michele Seipp (26)	1:03:48			62. John Dockstader (37)	65:40
156. Paula Kinney (26)	53:47	257. Liz Bullinger (31)	58:17	358. Barbara Watson (31)	1:03:49			63. Randy Cline (17)	65:40
157. Margaret Sewell (23)	53:48	258. Michele Haddad (28)	58:19	359. Pam Mitchell (23)	1:03:54			64. Vince DeBlase (36)	65:46
158. Eileen Collomb (42)	53:48	259. Theresa Gladfelter (36)	58:24	360. Nancy Ritter (16)	1:03:55			65. Jeff Miesler (32)	65:54
159. Brenda Foreman (11)	53:49	260. Donna Davies (17)	58:26	361. Kristine Brill (14)	1:03:58			66. Frank Cox (35)	65:57
160. Kay Smith (32)	53:49	261. Joan Welton (23)	58:28	362. Jane Wallner (34)	1:04:00			67. Stan Cummins (24)	66:08
161. Jill Nicoll (33)	53:50	262. Julianna Wood (35)	58:30	363. Carol Roder (34)	1:04:01			68. Walt Troyer (37)	66:12
162. Shelley Jeff (30)	53:51	263. Maggi Nichols (23)	58:35	364. Carol Dolphin (35)	1:04:02			69. John Kilian (22)	66:43
163. Judith Tripp (37)	53:55	264. Michelle Vanni (25)	58:36	365. Barbara Ledford (41)	1:04:03			70. Keith Perkins (35)	67:06
164. Barbara Dutterer (32)	54:02	265. Christine Barlow (39)	58:39	366. Betty Middleton (34)	1:04:04			71. Bob Viti (26)	67:08

## April 6 - Great Reservoir Bike Ride/Run

Relay — A "ride and tie" on Prettyboy Dam's enormous hills: Each person rode 13 miles and ran 13 miles, in 4 mile segments.

- 1st — Jim Harrison and Jay Bowden ..... 2:28:37
- 2nd — Chuck Brumley and Bill Caldwell ..... 2:34:30
- 3rd — Mike Buchanan and Larry Blumenauer ..... 2:35:15
- 4th — Richard Brooks and Bob Rohlfing ..... 2:55:10



72. John Maas (26)	67:11	86. Allan Field (32)	68:05	100. Jamey Hruska (43)	69:28	114. Mike Buchanan (27)	70:56	128. Phil Jackman (43)	72:47
73. Mike Pierre (39)	67:18	87. Tom Zibron (32)	68:13	101. Larry Snyder (31)	69:28	115. Barbara Jones (30)	71:12	129. Greg Cocco (24)	72:47
74. Tom McKee (52)	67:27	88. Carol Sybert (22)	68:29	102. Tom Caskey (35)	69:41	116. Dave Theall (48)	71:12	130. Timothy Kasura (26)	73:06
75. Bob Ray (43)	67:31	89. No Name	68:36	103. Sam Spicer (45)	69:48	117. Paul Mikulski (33)	71:25	131. H.T. Gout (27)	73:58
76. Jim McCabe (31)	67:32	90. Joe Jensen (34)	68:39	104. Marvin Disney Jr. (37)	69:54	118. Morris Paschall (50)	71:30	132. Ward Coe (34)	73:59
77. Dave Wells (30)	67:34	91. Steve Goldberg (33)	68:44	105. Dave Bare (35)	69:56	119. Myron Kellner (36)	71:33	133. Jerry Clark (39)	74:09
78. Charlie Springer (44)	67:47	92. Jerry Groeninger (44)	68:46	106. Dave Herlocker (39)	69:56	120. Doug Cooper (24)	71:42	134. Dan Betsher (31)	74:09
79. Ivan Dooley (48)	67:44	93. Michael Magin (33)	68:51	107. Bill Raidy (32)	69:57	121. Steven Morrison (43)	71:45	135. David Cooley (47)	74:27
80. Joe Rohr (32)	67:44	94. Cathy Kleeman (32)	68:53	108. Tim McDermott (34)	70:03	122. Wilbur Jensen (56)	72:03	136. Ed Patey (39)	74:30
81. Frank Russo (43)	67:45	95. Phil Iddings (34)	68:59	109. Bud Tegtmeier (39)	70:24	123. Bill Foley (55)	72:08	137. Ken Hammann (33)	74:31
82. Tom Milleson (33)	67:46	96. Tom Bateman (34)	69:01	110. Thomas Bradford (37)	70:30	124. Herman Blinchikoff (45)	72:09	138. Larry Burner (36)	74:55
83. Henry Janowitz (34)	67:48	97. Keith Prem (17)	69:08	111. Eita Folan (27)	70:31	125. Ed Jendrek (35)	72:10	139. Pat Dwyer (32)	75:04
84. Allan Dale III (38)	68:02	98. Fin Mears (24)	69:12	112. Richie Nair (12)	70:39	126. Vaughn Quidort (37)	72:11	140. Paul Murphy (30)	75:14
85. Rich Stein (28)	68:05	99. Bob Nease (38)	69:21	113. Walt Langford (58)	70:48	127. Don Heimiller (49)	72:27	141. Dave Joynes (42)	75:17
								142. Marty Marne (46)	75:21
								143. Charlie Pacunas (41)	75:27
								144. Joe Spencer (52)	75:28
								145. Dean Taylor (43)	75:57
								146. John Hasler (42)	76:08
								147. Charlie Reynolds (48)	76:21
								148. Carl Miceli (35)	76:20
								149. Fred Barron (35)	76:38
								150. Joe Shopielski (33)	77:15
								151. Ernie Silversmith (49)	77:44
								152. Christine Cellert (28)	78:49
								153. Jim McQueen (40)	78:52
								154. Ron Seff (33)	78:58
								155. Jerry Kearns (46)	79:12
								156. Mike Spence (41)	<b>79:21</b>
								157. Ernie Imhoff (43)	79:24
								158. Judy Hasler (42)	79:26
								159. Ed Slunt (43)	79:27
								160. Clif Haley (52)	81:35
								161. Henry Evans (51)	81:43
								162. Ken Schaffer (33)	81:59
								163. Bob Juskus (33)	82:10
								164. Warren Hoffecker (34)	82:39
								165. Maria Perkins (33)	82:49
								166. No Name	82:56
								167. Robert Bryant	83:12
								168. Vernon Turner (30)	83:37
								169. Kathy Caruso (22)	83:50
								170. Pat Wilkerson (21)	83:50
								171. Carl Wright (42)	83:51
								172. Joanne Smith (26)	84:55
								173. John League (38)	84:59
								174. Colleen Pierre (37)	85:02
								175. Joe Chamberlin (33)	85:09
								176. Pat Peterson (47)	86:17
								177. Karen McMath (36)	88:08
								178. No Name	88:08
								179. John LeCheminant (46)	89:15
								180. Jim Mortenson (40)	90:02
								181. Carole Tamini (41)	90:18

# What's in a name?

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Recognize these names? Of course you do!  
Many stores have them. But no other store has  
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It takes lots of running experience to make sense out of all those swooshes and stripes. John and Mel and our entire staff have run thousands of miles — training, racing, marathons. They are qualified to advise you as to the best shoe for you — and, they can fit properly. That's very important. Visit the Hess Running Center in Towson Plaza and our exciting new location at Harborplace, see the most comprehensive stores ever assembled for runners, and TALK TO OUR TWO BEST NAMES IN RUNNING, JOHN & MEL.

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HARBORPLACE, Pratt St. Pavilion — 547-9050 • TOWSON PLAZA, one mile south of beltway exit 27 — 821-6473.

173. John League (38)	84:59
174. Colleen Pierre (37)	85:02
175. Joe Chamberlin (33)	85:09
176. Pat Peterson (47)	86:17
177. Karen McMath (36)	88:08
178. No Name	88:08
179. John LeCheminant (46)	89:15
180. Jim Mortenson (40)	90:02
181. Carole Tamini (41)	90:18
182. Marline McClain (42)	90:18
183. Bobbi Jensen (29)	90:18
184. Linda Barry (34)	90:20
185. Jim Hevey (48)	90:34
186. Jean Nair (37)	90:59
187. Joan Parr (30)	91:33
188. Joan Parr (30)	91:33
188. Dennis Weiss (33)	100:44
189. John Baennan (38)	101:27

## Hunt Valley 6 Miler - May 4, 1980

Sponsored by the Podiatry Association. We only took time down for the first 50 finishers. We had around 130 finishers overall. The first female finisher was Rita Folan in 42:11. Joe Holland finished around 50 minutes after just coming off a very difficult back operation. Welcome back Joe.

1. Bill Caldwell	31:18
2. Bob Thomas	33:33
3. Tony Grier	33:48
4. John McAuliffe	34:04
5. Delroy Matthew	34:10
6. No Name	34:44
7. Phil Kirby	34:58
8. Bob McCubbin	35:24
9. John Butterfield	35:27
10. Chuck Bollinger	35:29
11. Mike Keely	35:39
12. Alen Roogow	35:55
13. Dave Carr	36:27
14. Thomas G. Pinter	36:30
15. Don Shobrys	36:30

16. Don Daut	36:48
17. Bob Rohlfing	36:52
18. No Name	36:59
19. Stan Cummins	37:05
20. Stephen F. Boeker	37:16
21. Rick Sullivan	37:16
22. Myron D. Campbell	37:18
23. John Ortiz	37:31
24. Murray Sarubin	37:34
25. Robert Holiths	37:44
26. Roger Foreman	37:50
27. Joe Marbury	38:16
28. Ricky Rice	38:19
29. Tom Waab	38:20
30. Bob Lentherman	38:27
31. Jeff Hollinger	38:31
32. Rick Fink	38:33
33. Nick Delambo	38:33
34. Art Webster	38:38
35. Samm Vinch	39:08
36. Den Dollard	39:14
37. Tom Bolan	39:24
38. Vince Deblase	
39. William Roughton	39:32
40. Steve Overbeck	39:37
41. Ron Gillis	39:42
42. Don Heine	39:42
43. Dave Chalmers	39:51
44. Howard Goldberg	39:58
45. Bud Tegtmeier	40:03
46. Tony Jordan	40:03
47. Tim McDermott	40:10
48. No Name	40:10
49. Scott Roper	40:17
50. Jeff Misler	40:28

3. Harry Goodman (26)	4:41
4. Robert McCubbin (20)	4:43
5. Dan Madden (19)	4:44
6. Mike Acks (19)	4:45
7. Larry Pickett (19)	4:46
8. Layne Party (20)	4:47
9. Joe Herget (18)	4:53
10. Larry Glose (25)	4:54
11. Mark Yerkes (24)	4:57
12. Mark Chapman (17)	5:01
13. Ron Talbert (18)	5:12
14. Ken Herbert (21)	5:16
15. Terry Miller (21)	5:19
16. James Barrett (17)	5:28

17. John Ebaugh (17)	5:29
*Best time of the day.	
<b>30 - 39</b>	
1. Peter Gartman (31)	4:52
2. John Sullivan (34)	4:53
3. Locke Thompson (32)	5:01
4. Roger Foreman (36)	5:02
5. Dan Fleisher (30)	5:31
6. Henry Janowitz (33)	5:35
7. Dauda Elamin (34)	5:38
8. Reed Pyeritz (32)	5:39
9. Carroll Klingelhofer (36)	5:48

10. Ed Miller (37)	6:10
<b>40 - 49</b>	
1. Dick Nair (41)	4:54
2. Ed Geisendaffer (40)	4:58
3. Jim Black (43)	5:13
4. Ted Chernak (46)	5:21
5. Gus Jacobs (43)	5:33
6. Joseph Cayo (41)	5:34
7. Herman Blinchikoff (45)	5:45
8. Bob Ray (43)	5:54
9. Mel Ringel (42)	6:42
10. Ernie Silversmith (49)	6:58

<b>50 &amp; over</b>	
1. Elmer Hall (51)	6:27
<b>Women - 29 &amp; under</b>	
1. Julie Party (16)	5:53
2. Kathy Pratt (19)	6:31
3. Kris Brill (14)	7:15
<b>Women - 30 &amp; over</b>	
1. Jane Tumpson (33)	6:38
2. Chris Griffin (39)	8:09

RUN WITH THE U.S. NAVAL ACADEMY  
 DISTANCE RUNNING CLUB  
 ACROSS THE SCENIC SEVERN RIVER,  
 THROUGH THE  
 UNITED STATES NAVAL ACADEMY TO THE  
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**Meet of Miles  
 Towson State  
 Track - June 1,  
 1980**

Sunny - High sky - very humid with no wind, between 80° & 85°

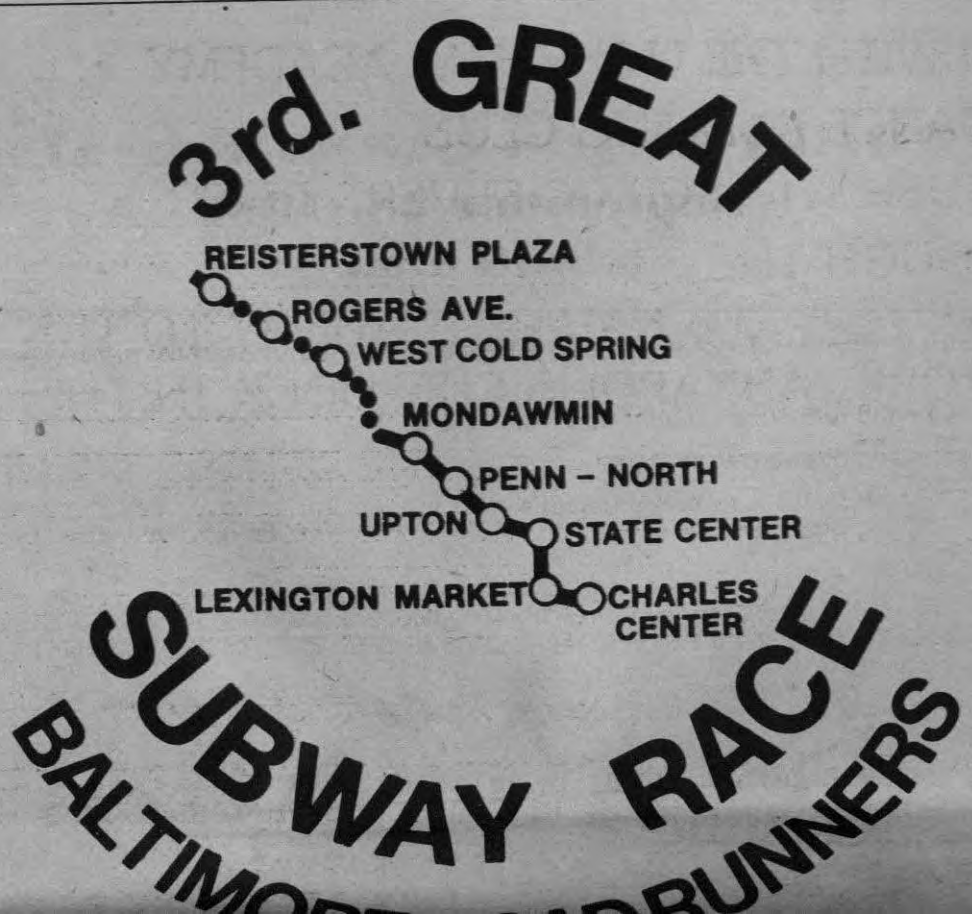


BRRC NEWSLETTER

Fall - 1980

4 Mile  
Druid Park  
Run -  
April 20

1. Neil Brown (17)	21:38	15. John DiCamillo (32)	24:32	29. Larry Dorr (40)	26:42	43. Ron Seff (32)	29:08
2. Larry Pickett (18)	22:18	16. Doug Martin (17)	24:36	30.	26:55	44. Myron Kellner (36)	29:15
3. Steve Vaughan (25)	22:29	17. Dave Chalmer (27)	25:00	31. Jeff Misler (32)	27:29	45. Clifton R. Brown-Bey (33)	29:22
4. Don Miller (24)	22:54	18. E.Z. Watson (29)	25:19	32. Allen Dale III (38)	27:34	46. Ken Walker (30)	29:27
5. Dave Goucher (24)	22:56	19. Reginald L. Battle (25)	25:29	33. Hy Levasseur (42)	27:36	47. Lisa Siegel (24)	29:34
6. Kevin Herbert (17)	23:13	20. Nick Delambo (38)	25:35	34. Michael W. Payne (28)	27:40	48. Sid Pilo (36)	29:46
7. Greg Henson (27)	23:14	21. Gale Clemson (31)	25:54	35. Keith Prem (17)	27:42	49. Marvin Norin (53)	30:33
8. Phil Kirby (24)	23:16	22. Brian Lee (24)	26:00	26. Bill Foley (55)	28:10	50. E. Hall (51)	30:43
9. Delroy Saleem (37)	23:25	23. Jaret Dorr (15)	26:03	37. Tom Bradley Jr. (28)	28:23	51. Norm Payne (48)	30:48
10. Bob Rohlfig (31)	23:57	24. Fin Mears (23)	26:08	38. Rickey Tucker (28)	28:26	52. Phil Bass (26)	30:49
11. Garry Bolan (27)	24:09	25. Samm Vinch (37)	26:25	39. Herman Blinchikoff (45)	28:32	53. Matthews (45)	31:29
12. Tom Bolan (31)	24:09	26. John Heilker (39)	26:28	40. Randolph Fillmore (32)	28:47	54. John Jackson (17)	31:29
13. Robert Jones (23)	24:23	27. Milton Taylor (47)	26:34	41. Don Heimiller (48)	28:51	55. James Tanner (33)	31:49
14. Rodney Travis (36)	24:29	28. Walt Troyer (37)	26:39	42. Bill Fiege (52)	29:06	56. M. Smith (37)	31:54
						57. Joanne Smith (27)	31:57
						58. Linda Roof (32)	32:13
						59. Michael Williams (34)	32:47
						60. Randy Matthews (17)	33:10
						61. Elaine Woodward (32)	33:21
						62. Lance Woodward (33)	33:21
						63. Bill Krastel (40)	33:37
						64. Linda Trapp (28)	33:55
						65. Nathaniel Savage (32)	34:23
						66. John P. Bartolomeo (43)	34:26
						67.	34:35
						68. Michele Linck (28)	34:44
						69. Miguel Wilkens (11)	35:11
						70. Linda Barry (34)	35:17
						71. Johnson F.T. (35)	36:11
						72. Yvonne Bennett (31)	36:11
						73. John S. Andoniades (57)	37:16
						74. Stan Wilkens (39)	37:34
						75. Marianne Evans (34)	37:36
						76. Joe Jackson (32)	37:44
						77. Kathy Rock (42)	37:48
						78. Nannette Bunchikoff (38)	39:31
						79. Carol Bayne (32)	39:46
						80. Jerry Bayne (38)	39:46



Byron/  
Kaufman  
Memorial  
Family Fun  
10K  
May 13, 1980

# UBWAY RACE BALTIMORE ROAD RUNNERS

## 1980

Sunday Sept. 14, 1980 8:30 A.M.

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

### COURSE:

An 8-mile race through the city along the route of Baltimore's \$768 million subway system, now under construction.

Split times given at 1 and 5 miles. Water at 4 miles.

### TIME:

Race-day registration ..... 7:00-8:15 a.m.

Race starts ..... 8:30 a.m.

Ceremony and Awards ..... Finish

MTA buses will provide free transportation back to Reisterstown Road Plaza, if needed.

### PRIZE AWARD CLASSES

Open Class —	1st 10 finishers
Under 15 years * —	Top finisher
30 - 39 years —	1st 5 finishers
40 - 50 years —	1st 5 finishers
Over 50 years —	1st 5 finishers
Over 65 years —	Top finisher
Ladies Open —	1st 5 finishers
Ladies 30 - 39 years —	1st 5 finishers
Ladies over 40 years —	1st 5 finishers

### ENTRY:

Race day registration at Reisterstown Road Plaza parking lot September 14, 7:00 a.m. \$1.00 entry.

### START:

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

### DIRECTIONS:

Take beltway exit 20 south, approximately 2¼ miles. Reisterstown Plaza is just south of the city line.

\*Runners must be at least 12 years old. No team entries. Individuals only.

T-shirts to first 400 finishers. Trophies and medals to class winners.

Subway race headband to all runners.

For more details contact: Tony Trantas  
Road Runners  
685-7050

or MTA Public Relations  
383-5506

**Kaufman  
Memorial  
Family Fun  
10K  
May 13, 1980**

The State of Maryland recently held the 1st Annual Byron/Kaufman Memorial Family Fun 10K. Over 550 runners participated in this event held at Memorial Stadium Sunday, Mother's Day, May 11, 1980. Because of the success of this race, the Maryland Commission on Physical Fitness, with the assistance of Bond Distributing and Blue Cross/Blue Shield of Maryland were successful in its efforts to raise funds to officially establish a Physical Fitness Hall of Fame for the State of Maryland.

The Hall of Fame can be seen in the front lobby of Memorial Stadium at all times. The first two inductees into the Hall of Fame were Goodloe Byron and Harry Kaufman. New inductees will be enshrined each year in May and announced during the Byron/Kaufman Memorial 10K.

1. Jeff Smith	33:58
2. Mike Sabino	34:32
3. Jeff Lears	34:32
4. Michael Hill	35:09
5. Scott Lutry	35:10
6. Henry Goodman	35:15
7. Tony Crier	35:25
8. Scott Paris	35:42
9. John McAullife	36:08
10. Dave Goucher	36:33
11. Roderick Roberts	36:54
12. Richard Schmidt	37:03
13. Dwight Hood	37:08
14. Mark Yerkes	37:18
15. Peter Gartman	37:27
16. Phil Kirby	37:30
17. Dan Wann	37:35
18. Layne Party	37:52

19. Bob Rohlfing	37:58	120. Joseph Cayo	44:45	134. Leslie Weger	45:04	148. Cathy Kleeman	45:53	162. Vernon Falkenhan	46:40
20. Tom Bolan	38:03	121. Joe Rohr	44:45	135. Gary Behrens	45:08	149. Bill Ferrone	45:54	163. David Jordan	46:46
21. Ed Geisendaffer	38:14	122. Lorenzo Platen	44:47	136. Joe Jensen	45:09	150. Mike Buscemi	45:55	164. Bob Dimarino	46:46
22. Don Layne	38:14	123. Wayne Jacobs	44:48	137. Marty Saunders	45:17	151. No Name		165. Andy Bassler	46:56
23. Bernard Robiek	38:18	124. Trina Nagele	44:50	138. Tom George	45:18	152. Jeffrey Fayer	45:57	166. Fred Barion	47:00
24. Roy Dickens	38:23	125. Paul Nicholson	44:51	139. Kim White	45:20	153. David Smyth	46:01	167. Patrick Butter	47:01
25. William Whitton	38:25	126. Henry McCambridge	44:55	140. Robert Dean	45:23	154. Dolly Broyles	46:02	168. Jorge Koznetzoff	47:03
26. Jerry Dresner	38:40	127. Thomas Hock	44:56	141. Keith Prem	45:27	155. Herman Gross	46:03	169. Ron Seff	47:04
27. Joe Herget	38:52	128. Ken Groves	44:56	142. Jerry Petty	45:28	156. Charles Pacunas	46:15	170. Roland Roof	47:11
28. Dave Mahan	38:56	129. Bill Urseruch	44:57	143. Ron LeClair	45:29	157. Herman Blinichikoff	46:20	171. Roy Rolig	47:19
29. Anthony Lewis	39:08	130. John McGinty	44:57	144. Keith Plater	45:33	158. Tim Murphy	46:21	172. Louis Faulkner	47:23
30. Robert Jones	39:13	131. Dudley Warner	44:58	145. Herb Alban	45:47	159. Melvin Munk	46:30	173. Thomas Davis	47:24
31. William Widey	39:18	132. David Junkin	45:00	146. Sara Smith	45:50	160. Sue Powell	46:37	174. Hal Sternberg	47:25
32. Michael Sicher	39:19	133. No Name		147. David Büttner	45:51	161. Mike Hammer	46:38	175. Ed Patey	47:25
33. E.Z. Watson	39:23								
34. Jack Barry	39:28								
35. Kenneth Sommers	39:30								
36. Leon Campbell	39:30								
37. Rick Sullivan	39:35								
38. Gary Bolan	39:36								
39. Stephen Bueker	39:43								
40. Larry Pickett	39:46								
41. Joe Marbury	39:52								
42. Bill Gaa	39:53								
43. Barry Antkowiak	39:58								
44. John Hyssong	40:03								
45. John Barnes	40:05								
46. Myron Campbell	40:09								
47. Stanley Cummins	40:09								
48. Nick Decamoo	40:10								
49. Brian	40:21								
50. Bob McCubbin	40:24								
51. Ron Tacbert	40:26								
52. John Ortiz	40:27								
53. Reed Pyentz	40:27								
54. Richard Stein	40:36								
55. Ron Dorn	40:45								
56. Bob Leatherman	40:47								
57. Robert Moore	40:50								
58. Nathan Powell	41:08								
59. Al Brokos	41:08								
60. Tom Garrett	41:29								
61. J. Hollinger	41:32								
62. Eliot Runyon	41:34								
63. Patrick McHugh	41:35								
64. Ron Cillis	41:36								
65. Robert Spillnan	41:38								
66. Kutzy Fight	41:41								
67. John Fehir	41:46								
68. Walter Alston	41:50								
69. Bob Ray	41:53								
70. Ted Chernak	41:57								
71. James Slatkosky	41:58								

## The Pablo Fargas Classic 6-Mile Run

### September 28, 1980

#### 9:00 a.m.

*Proceeds to the Johns Hopkins Tutorial Project, committed to the one-to-one tutoring of inner-city children.*

Runners: Open to runners of all ages and experiences

Date: Sunday, September 28, 1980

Place: Johns Hopkins Homewood Campus  
3400 N. Charles Street

Starting Time: 9:00 a.m.

Course: Begins in front of Levering Hall on the Homewood campus, winds in front of Baltimore Museum of Art, goes north on Charles Street, west on University Parkway, south on Wyman Park Drive, and repeats two more times.

Pre-Registration: Complete and return form with \$4.50 by September 21, 1980.

or

Registration: 7:30 a.m. Race Day. \$5.00 entry fee.

Awards: Over 50 awards in three categories

Special Awards: T-shirts to all finishers

64. Ron Gillis	41:36
65. Robert Spillman	41:38
66. Kutty Fight	41:41
67. John Fehir	41:46
68. Walter Alston	41:50
69. Bob Ray	41:53
70. Ted Chernak	41:57
71. James Slafkosky	41:58
72. Raymond Berkley	41:59
73. Joe Nolk	42:05
74. William Peregoy	42:09
75. Tom Fornoff	42:17
76. Patrick Weany	42:18
77. Eleanor Simonsick	42:19
78. Floyd Gamble	42:19
79. Al Scanlan	42:22
80. Vince DeBlase	42:27
81. No Name	
82. Jim Stokes	42:31
83. Keith Perkins	42:32
84. Kathy Caruso	42:34
85. Tony Jordon	42:37
86. Jay Boisseau	42:46
87. Don Heine	42:48
88. Scott Roper	42:50
89. Mary Louise Copeland	42:52
90. Tom Bateman	42:54
91. Bob Flannery	42:56
92. Robert Boeshore	42:57
93. Walt Troyer	43:02
94. Dan Sullivan	43:10
95. Tim McDermott	43:16
96. Dan Betsler	43:22
97. Richard Baker	43:22
98. E. McIntyre	43:38
99. Jim Kornick	43:43
100. Frank Lanzi	43:51
101. Larry Snyder	43:52
102. Horace Love	43:56
103. Carol Sybert	43:59
104. Brad Ebersole	44:00
105. Jim Schuth	44:13
106. Jumlisha Ray-Vauslo	44:15
107. Ricky Rice	44:18
108. Clyde Thomson	44:19
109. Henry Janowitz	44:22
110. Sam Spicer	44:22
111. Bill Foley	44:24
112. Frank Morgan	44:26
113. Michael Magin	44:28
114. Lou Maresca	44:31
115. Peter Wysochanski	44:33
116. Ted Giovanis	44:36
117. Frank Cox	44:38
118. Edwin Green	44:42
119. Pat Roddy	44:45

or Registration: 7:30 a.m. Race Day. \$5.00 entry fee.

Awards: Over 50 awards in three categories

Special Awards: T-shirts to all finishers

**OFFICIAL ENTRY FORM  
1980 Pablo Fargas 6-Mile Run**

\$4.50 Entry Fee—Make check payable to Office of the Chaplain, J.H.U.

Mail to: Pablo Fargas 6-Miler  
Office of the Chaplain  
Johns Hopkins University  
Baltimore, MD. 21218

Deadline: Sunday, September 21, 1980

No confirmations will be mailed to you—see us on race day!

Please Print:

Runner's Name \_\_\_\_\_  
Last First Middle

Address \_\_\_\_\_  
Number & Street City, State, Zip Code

Telephone ( \_\_\_\_\_ ) \_\_\_\_\_ Age \_\_\_\_\_  
Area Code (as of Sept. 28, 1980)

**SHIRT SIZE**

S  M  L  XL

Male

Female

**RELEASE**

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees . . . do hereby release and discharge the Johns Hopkins University and its Office of the Chaplain for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent's signature required if under 18 years of age)



76. Stephen Grenfell	47:29	190. Randy Cline	47:55	204. Rochelle Young	48:56	218. James Smolev	49:38	232. Mychael Willon	50:22
77. Richard Eder	47:29	191. Edward Hurley	48:05	205. Kevin Pryseski	48:57	219. Jo Anne Smith	49:44	233. B. Chapper	50:23
78. Jerry Clark	47:34	192. Thorpe Collins	48:06	206. Joe Spencer	48:58	220. Barry Rudnick	49:47	234. Jim Powell	50:24
79. Kevin Fleming	47:36	193. Joe Dannemann	48:10	207. Ernie Silversmith	48:59	221. Rachel Nielsen	49:49	235. Annette Conlon	50:26
80. Carl Miceli	47:37	194. Glen Klebanon	48:11	208. Emily Sadler	49:01	222. Glenn Trimmer	49:49	236. Jim Norvell	50:29
81. Gary Miller	47:39	195. Steven Heacock	48:13	209. Ernie Imhoff	49:06	223. Shirl Grable	49:52	237. Roland Gross	50:30
82. John Belvins	47:40	196. John Taylor	48:21	210. Tim Kvech	49:08	224. Sherry Kendall	49:58	238. Lee Dameron	50:31
83. Bryant Small	47:41	197. Brendan Walsh	48:22	211. Bob Wissmann	49:08	225. Don Lewis	50:01	239. Jill Huppert	50:36
84. Tom Andreone	47:43	198. Jill Mottos	48:30	212. Tom Trently	49:10	226. Bill Mac Cormack	50:07	240. A. Huizinga	50:40
85. Deborah Eads	47:47	199. Jim Lewis	48:34	213. Dean Taylor	49:19	227. Lisa McCarthy	50:08	241. Marcy Zerhusen	50:41
86. Ray Hyza	47:49	200. Rod Mayhew	48:48	214. Anthony Puleo	49:26	228. Scott Dignan	50:10	242. Diane Ellis	50:44
87. David Martin	47:50	201. Larry Burner	48:53	215. Richard Neuman	49:29	229. Chris Nitz	50:13	243. Joe Antkowiak	50:50
88. Mort Orman	47:54	202. Charlie Reynolds	48:53	216. Henry Evans	49:32	230. Linda Roof	50:17	244. Donald Sudbrook	50:51
89. Lee Abernathy	47:55	203. Marv Norin	48:54	217. Gene Wright	49:37	231. Douglas Chandler	50:18	245. Bernard Dieter	50:52
								246. Frank Farnan	51:00
								247. Jane Tumpson	51:07
								248. Richard Butts	51:08
								249. Leslie McIntire	51:11
								250. Floyd Haup	51:14
								251. Bob Juskus	51:15
								252. Scott Trewner	51:21
								253. Donniett Whitney	51:22
								254. Joe Holland	51:22
								255. Henry Smith	51:24
								256. Ron Mayer	51:26
								257. Robert Lynn	51:29
								258. Tom Saunders	51:29
								259. Charles McGill	51:31
								260. Linda Maguire	51:33
								261. Andrew Sneddon	51:35
								262. Clay Ewell	51:37
								263. R.W. Brinton	51:40
								264. David Shea	51:40
								265. Neil Dorsey	51:41
								266. Shawn Davidson	51:52
								267. Edward Swartz	52:01
								268. Bill Krastel	52:01
								269. Cris Murphy	52:02
								270. Anderson R. Ward	52:08
								271. Vernon Turner	52:16
								272. Noel Rosenthal	52:20
								273. Nate Engle	52:21
								274. Maria Perkins	52:23
								275. Harvey Puf	52:25
								276. Bob Rulsbry	52:26
								277. Ken Schaffer	52:36
								278. John Lehr	52:36
								279. Brad Hebble	52:39
								280. John Pearl	52:53
								281. Norman Payne	52:57
								282. Paul Reisner	53:00
								283. Besty Crowley	53:14
								284. Jacob Saulsbury	53:16
								285. Joseph Stadler	53:19
								286. Elfrid Hernandez-Will	53:22
								287. ...	53:38

# THE EIGHTH ANNUAL

# MARYLAND MARATHON

**SUNDAY, DECEMBER 7, 1980**

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

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



• **COMMEMORATIVE RUNNING JACKETS TO ALL FINISHERS** • The Governor's Cup will be awarded to the victors (Mens & Womens Division) • The Mayor's Plaque to the first Baltimore City resident finisher • The County Executive's Plaque to the first Baltimore County resident finisher • Medallions to the first 50 finishers • Lapel pins to the next 75 finishers • The Walter Korpman Memorial Award to the first finisher in the 40-49 category plus awards to the next 9 finishers in this category • The Pat Dengis Memorial Award to the first finisher in the 50-59 category plus awards to the next 9 finishers in this category • The Harry Kaufman Award to first finisher in the 60 and over category plus awards for the next 4 finishers in this category • **WOMENS AWARDS**:-Medallions to the first 10 female finishers; first 3 (19 & under), 3 (40-49), 3 (50 & over) • Certificates to all finishers • 3 team awards to the lowest scoring 3-man teams • Awards to the first ten men 16 & under, ten (17-19) finishers • Special awards to the first 5 professional fire fighters & 5 professional Police Officers • Special award to the oldest finisher • Special awards to American Medical Joggers Association finishers

SPONSORED BY **WBAL** RADIO 11

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

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

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

276. Bob Rusbawry	52:26
277. Ken Schaffer	52:36
278. John Lehr	52:36
279. Brad Hebble	52:39
280. John Pearl	52:53
281. Norman Payne	52:57
282. Paul Reisner	53:00
283. Besty Crowley	53:14
284. Jacob Saulsbury	53:16
285. Joseph Stadler	53:19
286. Elfrid Hernandez-Will	53:22
287. Jerry Anuedo	53:38
288. Theresa Garrett	53:42
289. Stan Wilkens	53:48
290. Gale Berkowitz	53:49
291. Patty Somerville	53:53
292. Michelle Hoyle	54:06
293. Donna Kent	54:09
294. Lew Schaffner	54:10
295. Mike Gillease	54:13
296. Christy Knoška	54:14
297. Mary Harvey	54:22
298. Ronnie Coley	54:23
299. Earl Coope	54:27
300. Jerry Garrett	54:28
301. Martin Goldscher	54:31
302. Clinton Snipes	54:31
303. Marv Siegel	54:32
304. William Schwarz	54:48
305. Walt Mayfield	54:55
306. Tom Mayfield	54:56
307. Gordon Spangler	54:58
308. Jim Bartolomeo	55:08
309. Nancy Cohen	55:08
310. Retta Blaney	55:09
311. Debbie Novak	55:14
312. Jim Sweeney	55:15
313. Maxine Arigo	55:16
314. Barbara Jensen	55:16
315. Mark Pollak	55:18
316. Andy Wesolowski	55:25
317. Charles Shores	55:31
318. David Leggett	55:31
319. Bob Broyles	55:35
320. Isao Oishi	55:36
321. Terri Saunders	55:38
322. Charles Danem	55:39
323. Clair Rossman	55:41
324. William Myers	55:49
325. Raymond Nardone	55:51
326. Nancy Huelskamp	55:52
327. Herbert Cough	56:06
328. Kathy Chandler	56:07
329. No Name	
330. Bob Rienclter	56:10
331. Richard Lijewski	56:13
332. Joe D'Adamo	56:18

333. Robert Swisko	56:27	434. John Gerwig	63:46	448. Cheryl Burke	65:24	462. Regma Paugh	68:28	476. Loretta Starkey	72:17
334. Robby Betz	56:28	435. Shirley Robinson	63:58	449. Judy Rorrer	65:30	463. Martha Juhle	68:32	477. Phyllis Freidman	72:18
335. Phil Freidel	56:29	436. E.J. Tress	64:02	450. Jean Horan	65:55	464. Lorre Presser	68:55	478. No Name	
336. Jean Edwards	56:30	437. Anne Harman	64:03	451. Catherine Chandler	66:06	465. Linda Jordan Miller	69:11	479. Diane Jacobs	73:27
337. Margie Sewell	56:30	438. Tony Palcher	64:09	452. James Szymanik	66:18	466. Suzanne Murphy	69:28	480. No Name	
338. Bill Harrison	56:34	439. Marilyn Nicholas	64:12	453. Karne Maged	66:23	467. M. Zephir	69:28	481. Joyce Saunders	75:12
339. Brian Kelly	56:36	440. Harry Bass	64:13	454. No Name		468. Steve Levy	69:50	482. Kathy Bonner	75:21
340. Phil Easter	56:36	441. Daniel Ryan	64:24	455. Bill Brown	66:54	469. Patrick Murphy	70:05	483. Rosemary Stankes	75:29
341. Joanne Sfekas	56:38	442. Bonnie Schulman	64:40	456. Dina Longo	66:55	470. Hilary Murphy	70:05	484. Aidan Murphy	76:10
342. Robert Porter	56:40	443. Robert Esterhay	64:48	457. Debbie DiMarino	66:55	471. Hugh Gibbons	70:33	485. Darlene Wesolowski	76:02
343. Marvin Ferguson	56:40	444. Debbie Hooper	65:22	458. Ruth Davidson	66:57	472. Evelyn Yenias	70:40	486. Dawn Moog	76:05
344. Darrel Shiles	56:41	445. Katie Ryan	65:23	459. Barbara Ledford	67:42	473. Karen Burke	71:04	487. John Wall	76:22
345. Katherine Rock	56:44	446. Melissa Ledford	65:23	460. No Name		474. Scott Gibbons	71:09	488. Ken Smith	76:42
346. Arnold Forman	56:44	447. Ursula Cain	65:23	461. Jack Manley	68:21	475. Rosemary Starkey	72:17	489. L. Ray	76:44
347. John Diegel	56:45								
348. Gary Sanders	56:48								
349. Norb Petr	56:51								
350. Al Greiniwger	56:58								
351. Barry Dubinsky	57:07								
352. Jeff Levesque	57:08								
353. Barbara Grier	57:08								
354. J. Matthews	57:10								
355. Gregory Gordon	57:11								
356. Glen McDonald	57:12								
357. Herman Rossman	57:12								
358. Hannah Lee	57:18								
359. Kimball Byron	57:29								
360. Stanley Crain	57:31								
361. Ann Whitlow	57:33								
362. Ben Ebersole	57:33								
363. E. Cohen	57:34								
364. Jerry Bayne	57:36								
365. No Name									
366. Stephen Sfekas	57:47								
367. Karen Schroeder	58:02								
368. Lenny Peoples	58:02								
369. Henry Hirsh	58:03								
370. Allen Schaeffer	58:06								
371. Michelle Sterle	58:16								
372. Bill Socha	58:19								
373. Eugene Maurer	58:20								
374. Ron Gibbon	58:24								
375. Bev Parsons	58:27								
376. Bruce Henderson	58:30								
377. Stan Yawkellow	58:31								
378. Larry Fowler	58:33								
379. Ginger Espy	58:34								
380. Nancy Daniecki	58:38								
381. Steve Maged	58:54								
382. Robert Dean	59:00								
383. James Hevey	59:05								
384. Heather Trimmer	59:16								

# 2 ND ANNUAL 5 MILE

SPONSORED BY:



# ZOO ZOOM!

## SUNDAY, OCTOBER 5 9AM

**PLACE: BALTIMORE ZOO** located in Druid Hill Park. Take Jones Falls Expressway to Druid Park Lake Drive Exit. Make first right into the park and follow lake all the way around to the asphalt tennis courts.

**COURSE:** 5 Mile scenic park route including a section of the Baltimore Zoo. Starts and finishes on the North side of Druid Lake near the tennis courts & pool.

377. Stan Pawlikowski	58:33
378. Larry Fowler	58:34
379. Ginger Espy	58:38
380. Nancy Daniecki	58:54
381. Steve Maged	59:00
382. Robert Dean	59:05
383. James Hevey	59:16
384. Heather Trimmer	59:19
385. Wayne Wittik	59:19
386. Jeff Davidson	59:24
387. Bill McCloskey	59:25
388. Brenda Bobceck	59:31
389. Tina Rivere	59:33
390. Elmer Johnson	59:40
391. John Bohlen	59:40
392. Dewitt E. Ahpeter	59:53
393. Kirk Krannebitter	59:59
394. Duffy Lauis	60:01
395. Mary Krastel	60:03
396. John Andoniades	60:03
397. Lillian Freudenberger	60:05
398. Walter Morawski	60:06
399. Vincent Violanti	60:07
400. J. Huelskaup	60:11
401. Jim Wisnowski	60:13
402. Wayne Benser	60:13
403. Charles Jone	60:42
404. N. Bramwe	60:43
405. Hassan Abdullah	60:44
406. Nartha Mazerski	61:00
407. Patsy Stewart	61:04
408. Liz Wise	61:04
409. Dennis Baucrischus	61:20
410. Mike Pintzuk	61:23
411. Charles Lutz	61:24
412. Theresa Gladfelter	61:25
413. Fran Pilarski	61:38
414. Gail Larson	61:39
415. John Keewe	61:41
416. Edwin Collomb	61:49
417. M. Louise Wagner	61:55
418. Nannette Blinichikoff	62:04
419. Art Macqueen	62:06
420. Sylvia Smith	62:18
421. Suzanne Swiss	62:27
422. Wendel Friedman	62:30
423. Joe Blair	62:31
424. Sandy Amuedo	62:40
425. Martha Trimmer	62:42
426. Jenia Brown	62:45
427. Arleen Kveck	62:46
428. Pat Huelskamp	62:47
429. Joyce Matoska	63:00
430. David Olesksuk	63:04
431. Allan Levy	63:09
432. Margaret Armitage	63:12
433. Bruce Reid	63:15

## PLACE: BALTIMORE ZOO

located in Druid Hill Park. Take Jones Falls Expressway to Druid Park Lake Drive Exit. Make first right into the park and follow lake all the way around to the asphalt tennis courts.

## COURSE:

5 Mile scenic park route including a section of the Baltimore Zoo. Starts and finishes on the North side of Druid Lake near the tennis courts & pool.

## AWARDS:

T-Shirts to all finishers. Awards to first five in each of the following Men's Divisions: 19 and under, 20-29, 30-39, 40-49, 50 and over. First three in Women's Division: 19 and under, 20-29, 30-39, 40 and over.

## ENTRY:

\$4.00 Pre-entry registration - Deadline September 29, 1980  
 \$6.00 Day of race - 7:30 a.m. - 8:30 a.m.  
 Pick-up race numbers 7:00 a.m. - 8:30 a.m. Race Day

Mail Entries to:

Remember to enclose check for \$4.00 made payable to:

Race Director  
 John Andoniades - Zoo Zoom  
 P. O. Box 4705  
 Baltimore, Maryland 21221

Baltimore Road Runners Club

No Refunds. No Confirmation Sent After You Enter.

-----  
 In consideration of your accepting this entry to the Zoo Zoom 5 - Miler, I waive all claims for myself, my heirs and assigns against the Zoo Zoom 5-Miler sponsors and promoters for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in this race, and I am an amateur runner.

Signature of Runner \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Race Number Assigned (Official Use Only) \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Age (day of race) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Shirt Size (Circle One)      S      M      L      XL

### \*\*VOLUNTEERS NEEDED

Anyone interested in helping with the Zoo Zoom, should get in touch with the Race Director.

Masters

Sub-Masters

5 Mile

6 July

1 Jimmy Lears (33)	26:11
2 Jeff Lears (30)	27:11
3 David Starnes (34)	27:45
4 Jim Harrison (36)	28:52
5 Locke Thomsen (32)	28:57
6 Alan Roogow (36)	29:18
7 Mike Millemann (37)	29:21
8 Donn Wann (37)	29:23
9 Marge Rosasco (32)	29:28
10 Tom Pinter (37)	29:33
11 Dick Nair	29:36
12 Alan Silverberg (33)	29:46
13 Roger Foreman (36)	29:54
14 No name	30:37
15 Rick Sullivan (36)	30:38
16 Jack Barry (37)	31:04
17 Al Filar (49)	31:08
18 Bill Fornoff (36)	31:09
19 Jim Shank (31)	31:10
20 Murray Sarubin (38)	31:11
21 Keith S. Perkins (35)	31:14
22 Daniel Fleisher (30)	31:17
23 Bernie Noeller (35)	31:27
24 Nick Delambo (38)	31:28
25 Reed Pyeritz (32)	31:31
26 Steve Rosasco (41)	31:37
27 Ted Chernak (48)	31:45
28 Lance Woodward (33)	32:04
29 Ward Coe (34)	32:08
30 Jeff Mislser (32)	32:17
31 Joe Rohr (32)	32:13
32 Art Webster (35)	32:17
33 Michael Magin (33)	32:24
34 Bob Crooks (33)	32:27
35 Tom Oglesby (35)	32:28
36 Dave Wells (30)	32:29
37 Steve Goldberg (33)	32:29
38 Mike Gibbs (38)	32:33
39 Rodney Travis (37)	32:35
40 Walt Troyer (37)	32:38
41 Dave McFadden (32)	32:38
42 Walt Morawold (33)	32:42
43 Frank Cox (35)	32:42

91 Ed Miller (37)	36:16	110 Ed Slunt (43)	38:04	129 No name	40:20	148 Donald Allen (48)	44:23
92 John Hutchinson	36:18	111 Jim Marther (45)	38:25	130 Jerry Garrett (37)	40:41	149 Carl Nelson (30)	44:50
93 Ron Seff (33)	36:19	112 Linda Roof (32)	38:30	131 Joe Heldmann (33)	40:48	150 Gordon Miller (55)	45:11
94 Steve Morrison (43)	36:19	113 Ernie Silversmith (49)	38:34	132 Pete Moulton (35)	40:57	151 Marlene McClain (42)	45:11
95 John Hasler (42)	36:22	114 Jane Tumpson (33)	38:37	133 James Tanner (34)	41:02	152 Cliff Schramm (38)	45:33
96 Frank Farnaw (55)	36:22	115 Claude Dennis (31)	38:42	134 John LeCheminant (46)	41:02	153 Peggy Engroff (34)	45:33
97 Chris Wolfe	36:26	116 Charles McGill (37)	38:42	135 Colleen Pierre (37)	41:04	154 Carol Riordan (30)	46:07
98 Ken Schaffer (33)	36:35	117 John League (38)	38:49	136 Marty Goldscher (40)	41:07	155 No name	46:41
99 Charlie Reynolds (48)	36:40	118 Judy Hasler (42)	38:55	137 Fred Topor (42)	41:20	156 No name	46:41
100 Steve Crambitt (32)	36:46	119 John Bartolomeo	38:56	138 David Landler (32)	41:47	157 No name	46:57
101 Dan Moses (34)	36:48	120 Maria Perkins (33)	39:08	139 No name	42:01	158 Bonnie Thomas (33)	47:04
102 Joe Shopulski (33)	36:50	121 Chris Nitz (38)	39:11	140 Jean Nair (37)	42:42	159 Nannette Blinchikoff (38)	47:06
103 Sherry Kendall (43)	37:17	122 Henry Evans (51)	39:24	141 Barb Rimboic (36)	42:50	160 Charles Lutz (58)	47:07
104 No name	37:27	123 Joan Parr (30)	39:25	142 Milton Johnson (50)	42:55	161 Barbara Jackson (34)	47:10
105 Jerry Kearus (46)	37:28	124 Bob Juskus (33)	39:26	143 S. Farbman (44)	43:06	162 Mary Krastel (32)	47:29
106 T. J. Jackson (39)	37:44	125 No name	39:33	144 Theresa Garrett (34)	43:09	163 Bill Kraster (40)	47:29
107 Charles Pacunas (41)	37:54	126 Rachel Nielsen (49)	39:35	145 No name	43:34	164 Lynn Yankellow (35)	47:50
108 Edward Minderlein (36)	37:57	127 Steve Dawson (40)	39:59	146 Jack Carrigan (41)	44:13	165 John Previdi (42)	50:57
109 Karl Pick (39)	38:01	128 Allan Bvull (41)	40:07	147 Mary Tisdall (37)	44:15	166 Marilyn Nicholson (43)	52:22

## Tee Shirts - Sweat Shirts - Patches - Hats - Etc.

Running Feat is Official Distributor for  
All BRRC & RRCA items

T-shirts	\$5.00	\$1.00 Postage & Handling
Sweat shirts	\$9.00	\$1.50 Postage & Handling
Patches	\$1.00	.30 Postage & Handling
Hats	\$5.00	\$1.00 Postage & Handling



B.R.R.C. T-shirts Mens: S \_\_\_ M \_\_\_ L \_\_\_

Womens: S \_\_\_ M \_\_\_ L \_\_\_

B.R.R.C. Sweat Shirts

Mens: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_





34 Bob Crooks (33)	32:27
35 Tom Oglesby (35)	32:28
36 Dave Wells (30)	32:29
37 Steve Goldberg (33)	32:29
38 Mike Gibbs (38)	32:33
39 Rodney Travis (37)	32:35
40 Walt Troyer (37)	32:38
41 Dave McFadden (32)	32:38
42 Walt Morawold (33)	32:42
43 Frank Cox (35)	32:43
44 Steve Overbeck (39)	32:49
45 Greg Allen (33)	32:57
46 No name	33:05
47 M. Al-Ibrahim (36)	33:08
48 Vince DeBlase (36)	33:12
49 Michael Treger (39)	33:16
50 Marvin Disney, Jr. (37)	33:16
51 Tom Caskey (35)	33:20
52 Henry Janowitz (34)	33:21
53 Bob Ray	33:30
54 Gus Jacobs (43)	33:30
55 Bill Reidy (32)	33:33
56 Tom George (35)	33:37
57 Mike Pierre (39)	33:49
58 Tom Zibron (32)	33:51
59 Sid Pilo (36)	33:51
60 Walt Cole (41)	34:02
61 Alan Dale (38)	34:08
62 Ed Jendrek (35)	34:10
63 William Gerrone (30)	34:15
64 Wilbur Jensen (56)	34:18
65 Phil Jackman (43)	34:19
66 Myron Kellner (36)	34:26
67 Walt Langford (58)	34:45
68 Pat Sololoski (35)	34:49
69 Morris Paschall (50)	34:50
70 Vaughn Quidort (38)	34:52
71 Lou Rimbach (37)	34:54
72 Herman Blinichikoff (45)	35:00
73 Jeanne Foreman (35)	35:02
74 Rochelle Young (37)	35:02
75 Ronald Roof (36)	35:06
76 Ed McFarland (33)	35:10
77 Bill Fiege (52)	35:12
78 Joe Holland (58)	35:19
79 Bruce Randle (31)	35:25
80 Fred Barron (36)	35:26
81 Tom Guegemeyer (32)	35:30
82 Martin O'Neill (44)	35:32
83 Dean Taylor (43)	35:46
84 Joe Spencer (52)	35:46
85 Ed Patey (40)	35:51
86 Marty Marne (46)	35:51
87 John Bishop	35:53
88 David Cooley (47)	35:55
89 Frank Morgan	36:06
90 Floyd Pace (40)	36:07

B.R.R.C. T-shirts Mens: S \_\_\_ M \_\_\_ L \_\_\_

Womens: S \_\_\_ M \_\_\_ L \_\_\_

B.R.R.C. Sweat Shirts

Mens: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Womens: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

**All sweat shirts are mens sizing**

Patches — How Many \_\_\_\_\_

Hats: Two sizes fits all S-M \_\_\_\_\_ M-L \_\_\_\_\_

**Specify either full front or breast design  
on T-shirts & Sweats -**

**Full Front** \_\_\_\_\_

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668-3766**



**APPLICATION FOR MEMBERSHIP IN THE BALTIMORE ROAD RUNNERS CLUB**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex: Male \_\_\_\_\_

Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

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

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



<b>REGULAR MEMBERSHIP</b> _____	<b>\$5.00</b> _____	<b>\$</b> _____
<b>FULL TIME STUDENT</b> _____	<b>\$3.00</b> _____	<b>\$</b> _____
<b>FAMILY</b> _____	<b>\$9.00</b> _____	<b>\$</b> _____

MAIL TO: CAROL WANDRES  
 115 MURDOCK ROAD  
 BALTIMORE, MARYLAND 21212  
 [301] 377-0088

All members dues must be paid January 1, each year no matter what date you joined during the year.

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