

**B&A Trail Marathon and Annapolis Trip Notes
Honoring David Williams 50th State Celebration
March 6-8, 2010**



Here we are with our large group get-together in Annapolis the night before the marathon. Thanks to arrangements made by Diane Bolton fellow 50-stater and Maniac. Despite the huge number of us David treated. I thought we were supposed to be treating him – but he treated us! What a guy.



At the start line with most of us in the same fashion mode though I don't imagine David was wearing our size – 30 gallon. Diana, David, Maricar and fashion plate Monica. Yes, it went from very cold to very warm and surely that doesn't have anything to do with our having been on the course for a very long time, does it?

Here's a few more of the entourage.



Inside the warm school auditorium you'll see Dale serving up champagne, the two Liberty Ladies Maricar and Diana with Jim in the middle and Diane in the front. Everybody knows David and wife Maggie, and the next biggest guy is baseball star Tommy on his first spectating endeavor with wife Diane. Then -- On the course we all gladly stopped for photos with Dale and Eliza, sister to Maggie.

The real story is in David's after the event email to his gazillion friends. Here it is in his own words, with a subject headline of "**My 50th State.**"

Dear Everyone,

I did it! I finished the 50 states and I did it in fine style in Maryland. Some people asked why I chose that state for my last instead of Hawaii or somewhere else glamorous, but it worked out great because I had so much support there. Dale came up from DC and was there from start to finish. For those of you who I have cheered on at Houston Marathons over the years, Dale paid me back for all of you. He was great!! He even brought champagne for the finish line, with a silver marker for people to sign the bottle. Who knew Dale was so thoughtful? Dale was a coach with Houston Fit when I started training for my first marathon back in July '94 for the Houston '95. I ran my second marathon (Big Sur) with Dale and Marilyn in April '95. So Dale really tied it together from first to 50th!

My wife Maggie and her sister Eliza (lives in Alexandria, VA) were there and of course very supportive. We had a great group for pasta the night before the race, with a total of 12 of us. Two more would have joined but the restaurant ran out of tables to add. It was like breakfast at IHOP on Saturdays, only with table cloths and wine. We had another nice dinner after the race with 7 of us that were still around.

My new best running buddies (sorry Marilyn but after Sugar Land you are demoted to my best walking-with-blisters buddy) Diana Burton and Maricar Korff came down from New Jersey just to run with me. Diana just did Gasparilla Marathon in Tampa the week before, but she enjoys pushing her ageless body to new heights. She won her age group in this race. Well, she was the only one in her age group, but that in itself is impressive. Maricar is just a youngster and full of pep. She is a high school chemistry teacher, and as most of you know I am a chemical engineer. The most important teacher I had was my science teacher for 4 years in high school, so Maricar has my utmost respect for what she does. Diana and Maricar were great to run with, always making me laugh. Diana would be running in front and complaining we were going too fast. Maricar had to stop to pee more often

than Marilyn and Ellen. She also stopped to eat whenever there was food, starting with someone handing out oranges at about mile 1. They told others around us about me doing the 50 and as we passed people on the out-and-back course several people would cheer us on. Of course, Diana and Maricar were wearing their Lady Liberty hats to people were cheering them on as usual. One guy called us 50-50 because it was Maricar's 50th marathon.

We made a new friend along the way, Chris. She is from Washington State and travels to races with her tiny Chihuahua. She has two Ironman's planned for May and June, so she is one tough lady. I felt a little bad leaving her behind with a couple of miles to go, but Maricar was out front setting a strong pace and for a change I was able to maintain through the last few miles. And you know an Ironwoman can take care of herself. Jim, a friend of Diana's, joined us at about 17 for a short run which turned into more like 9 miles as he ran with us all the way to the finish. He had a triple bypass a year or so ago, so I was totally impressed by him.

At the finish, the PA announcer was telling everyone about me so everyone (or at least the few people still around) were cheering for me. I crossed the line with Maricar and Diana holding my hands and tears welling up in my eyes. They then made me stop for a hundred photos. The race director came over and gave me a \$25 gift certificate to the running store that was still there at the expo inside the school. I went in and spent it right away on some Body Glide since they didn't have any XXL clothes. Monica Nop and Diane Bolton, much faster ladies, plus Diane's husband Tommy, were there at the finish to congratulate me. Then Dale broke out the champagne and everyone signed the bottle. I felt so amazing.

This was Maricar's 50th marathon and Diana's 54th marathon (they are a little ways behind on the states because they do a lot of repeats). It was also my 54th overall. In the last few months I ran my 50th marathon in Kansas, Nancy and Debbie finished their 50 states in Honolulu, I walked Marilyn's 50th marathon with her in Sugar Land, Diana did her 50th marathon in Mississippi, Henry and Dena did their 50th on the beach at Surfside, I ran with Maricar for her 50th, and I completed my 50 states. Diane Bolton has her 50th state coming up in Kona, Hawaii in June if she can fit in South Carolina before then after getting snowed out in Myrtle Beach (who would have thought that would happen in South Carolina!).

The weather was perfect (33-54, sunny, snow still in the shade in the woods), the course was great, the support was out of this world. I had the fastest time since I did Swan Lake (South Dakota) last June. That may not sound like long ago, but I've done 11 slower ones since then. This was 45 minutes faster than my last one in Maui where I almost died from the heat. If my 50th had been at Maui I might have been depressed after finishing my goal, but now I am excited, motivated and getting ready to plan out the rest of the year.

Diana is planning to run the Houston Marathon next year so all my Houston buddies can meet at least one of the Lady Liberties. Maricar might not be able to come because she has commitments with students before midterm exams (if there is one thing I put above running that would be teaching kids). But you can go to their website and Youtube video to get to know them. I am so lucky I met them in Indy at the pasta dinner. They have expanded my running circle immensely. All because Diana had on a marathon charm necklace like Maggie's marathon charm bracelets.

<http://www.youtube.com/watch?v=ldvReuaQ-gA>



www.libertyladies.weebly.com (Editors note: obviously I added the picture. We might be called Liberty Ladies but we also own up to being Camera Whores.)

Thanks to everyone who sent me kind notes before and after the race, were there to support me during and after the race, and who have been a part of my running circle for years. The journey toward 50 states is very hard, with physical, mental, logistical, financial, and emotional challenges. But it is also a journey I have made with the best friends in the world. From my old running buddies that I still have breakfast with every Saturday after our runs (or walks or just sleeping late) to my Houston Fit Red Group coaches that I work with to train new marathoners, to my new friends I have made around the country. This is an exceptional community of supportive, fun, crazy, caring, strange, and loving runners that have changed my life.

One thing I didn't mention to anyone but I dedicated this race to two of my running buddies who are fighting cancer right now – Neil Diamond and Skip Browning. They were in my thoughts during the race and let them be in yours." *End of David's report*

We all enjoyed lots of congratulatory notes back and forth after David's "**My 50th State**" report (thanks guys for copying all of us) but here's a couple of my favorites. Maybe because I know or want to know the writers? Maybe because I wanted to believe I was one of Dale's 'flat bellied' woman?

From: Marilyn Bullard - Congrats to David !! Of course Dale made me mad mentioning the flat bellied women that ran with David. I am jealous that they were there and we flat bellied women from Houston weren't there with him. WE are so proud of you David !! Celebration will follow !!! Marilyn

From: Dale Wilson - It was a great day for a run and David ran with the best of them. Finished about 15 minutes earlier than he thought he would and still looked good at the end. His support group was Maggie, Maggie's sister, and myself and we managed to see him about a half a dozen times along the trail. Since the trail ran along a major street and was basically 6 miles out one direction and back and then 6 miles out the opposite direction and back, it was great for viewers. Not only did we meet him a bunch of times, but we ate a good leisurely breakfast, had a beer at another place and still had time to spare. (We did miss the finish by a minute or two, our beer took a little longer than we thought, we were enjoying ourselves and he finished 15 minutes quicker than he predicted.)

David had several friends from other marathons who came just to run with him for his 50th and it was like his own private harem, David and about a half dozen good looking flat bellied woman. David finished in style and held up our honor. He is to be congratulated for 50 states.

Way to go David.

From: Marv Winters - Maricar . . . this is great stuff. "Pass the butter" . . . I love it.

From: Maricar Korff - Oh Marv....you should have seen it. Diana tried to run away from us and show off her ass. She was complaining how we were going too fast, but back at the ranch, the bitch was ahead the entire time. We had to reign her in for sure. David did great. He was so focused. I'm glad we got to run with him on his 50th. It was super special. The announcer said he was a 50 state finisher. We got photos at the finish line together with his hot girls (that would be us).

We went out to dinner twice. We loved his sister in law and wife and friend. We just had a great time overall.

I wished I had stayed an extra day with Diana, but my tired ass was falling asleep at the wheel. It

was a long ride home by myself and in the dark. I came home and passed out and showed up to work like a champ with a smile for my students who have major BO and bad breath. It's a place we'd definitely go back to. Lots of touring opportunities and it just gives me an excuse to go back for either the famous Annapolis 10 miler or some other race.

Thanks for the kudos. You are awesome. When I told the people at work I ran my 50th marathon at the lunch table, the next sentence out of their mouth was, "Could you pass the butter?" They just don't get it and I don't expect them to.

Congrats to David again!

From: Diana in defense of the above and with editors liberties – If I was out front, how was it that I had to keep catching up with you, asking if it was walk break time, to which David kept answering me "We just did that!" But again, I love it. I had trouble keeping up with David is the truth.

B&A Marathon? Does it stand for Boobs and Ass? Yes, we were asked just this! And yes, it could be, but I sort of think B&A stands for Baltimore to Annapolis Rail since it's on a Rails to Trails. But I like it!

Follow up - Here's the happy couple at dinner after the marathon completion and David taking in all the calories he well deserved. And just for fun, here's David in the famous Chesterfield Hotel in Palm Beach where he joined us for a December marathon after having met him in Indianapolis Marathon in November. It was my charm necklace and his wife Maggie's charm bracelet that prompted the introductions.



This is not the end of David's story as evidenced by the day or two after he had already committed to run the Kings and Queens of the Road Marathon in Blacksburg, South Carolina on April 10th. Some of us totally expect him to ratchet up his travels for marathons and enjoy more of the scenery his next time around.

This is the start of Diana's Annapolis story however. I stayed over in Annapolis and while some of our entourage saw a bit of the quaint little town, they all had paychecks to earn and went running off. Many of them have vowed to return to Annapolis and maybe for the late August "Ten Miler" known for its scenic course, swag and unfortunately hot-hot weather.

Results: I'd only been home one day from a 9-day jaunt in Florida with Tom – first Palm Beach, then Tampa for the Gasparilla Marathon, then Saint Augustine – but all that is a separate report. All of

which made coming up with the same 5:45 finish time at B&A as my last three marathons all the more sweet and why I didn't mind at all how I got a first in my age group award – by being the only one in the 60-64 category. Here's the picture with the race director that she sent to me later.

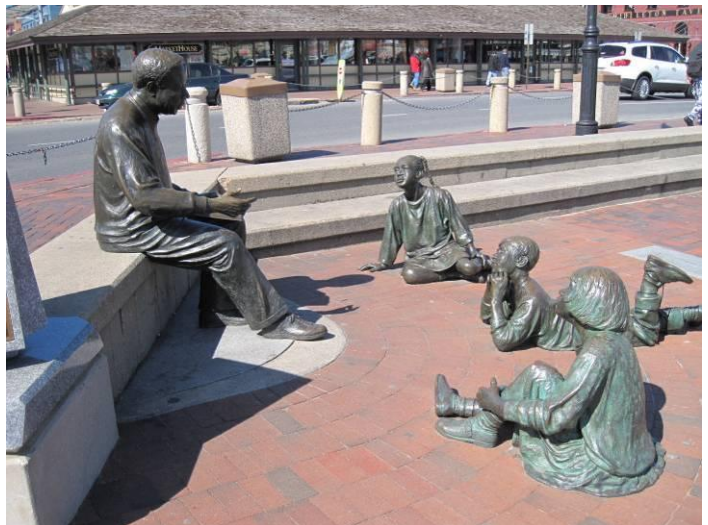
Odd that my final results didn't show my having even been there at all but between the race director and her staff they got it fixed and now all I need is for them to add my results to www.MarathonGuide.com -- a feat I'm told by others will be next to impossible but one they will probably prefer to make happen than to listen to me harp at them forever.

This was my 5th marathon of the year with the first two having been run in bitter cold and both oddly with 5:49 finish times. By the time March Madness is through I will hope to have completed in some fashion 7 marathons. It's an experiment of one with DC National and Cape May's Ocean Drive coming up.



Cute little city of Annapolis – or at least the historical old city is quaint

Here is the huge mosaic on the side of the tourist office, the main harbor just outside our hotel, Main Street shopping area, and the pretend children on the Market Square.



The primary calling card of Annapolis is the U.S. Naval Academy where I took a guided tour, watched the movie, toured the museum and also the cathedral where John Paul Jones has been moved from Paris to Annapolis and placed in a momentous tomb.



The gymnasium was pretty impressive too as was the contents from fit bodies to Heisman Trophies to gilded footballs representing Navy's wins. I went back in for a second look No, I didn't get to see Michael Phelps breaking his own record since that happened the day before while we were at our marathon.

All things have to end and it was late Monday evening that I drove home with a vow to return to Annapolis one day.

From: Arnie Henderson <ahhenderson1@comcast.net>
To: "dianab@juno.com" <dianab@juno.com>
Subject: Re: B&A revised results
Date: Thu, 11 Mar 2010 22:39:10 -0500

Diana, You were the only mystery. We had a total of three errors: yours, a last name spelling mistake when we switched a marathoner over to the half marathon, and the next-to-last marathon finisher who had a one-hour early start, but didn't remove her chip, as instructed, and was also recorded with a chip time one hour less than her actual time. In your case, the only logical conclusion to draw is that your chip transponder malfunctioned and didn't give a signal to the computer when the finish line mats interrogated it. Arnie

dianab@juno.com wrote:

Thank you Arnie. We were all very happy with the event and my write up, which is distributed widely, will be most favorable. We run as the Liberty Ladies and all our marathon trip reports are also on www.libertyladies.weebly.com. Since I've been on staff of two marathons for some years, I know that these little glitches occur and they are a thorn in your side when there are plenty of more important things to do. Thank you for taking care of my situation. Diana

>

> From: Arnie Henderson <ahhenderson1@comcast.net>

> To: Diana Burton <dianab@juno.com>, ozd@cox.net, l.eklund@usa.net, jfritzius@gmail.com

> Subject: B&A revised results

> Date: Thu, 11 Mar 2010 16:33:17 -0500

>

> You can check the revised results for the Marathon and Half Marathon at www.runhigh.com. Arnie 410-263-0863

On Mar 9, 2010, at 9:59 PM, Arnie Henderson <ahhenderson1@comcast.net>wrote:

Diana, Was your chip still in place on your shoe when you finished? Did you do an Early Start? If you received the 60-64 age group plaque, you must have been in the initial results from which the awards were determined, so we'll track that down.

Mr. Williams and Mr. Korff: Do you recall crossing the marathon finish line with Ms. Diana Burton in 5:45:53 chip time? Arnie Henderson 410-263-0863

> >

> > Diana Burton wrote:

> >> Address invalid. Begin forwarded message:

> >>> *From:* Diana Burton <dianab@juno.com>

> >>> *Date:* March 8, 2010 3:49:33 PM EST

> >>> *To:* "batrailmarathon@comcast.net

> >>> *Subject:* *Lost results *

> >>> I wrote to Donna so don't want to make double work but I would sure like to have my results posted. I was one of liberty ladies and came in with korff and Williams exactly same 5:45 time. Got age group plaque. Can you get my results added pls? Friends think I must have dnf.

> >>> Diana Burton

Itinerary

Sat Mar 6

Am Depart home via car to Annapolis MD

Directions to packet pick up: The race begins and ends at Severna Park High School.

From Baltimore: I-97 South to Exit 10B, Benfield Road. East on Benfield Road, 3.8 miles to the school on left.

From Washington: Rte 50 East to I-97 North to exit 10 and as above.

Packet-Pickup & Expo

Saturday, March 6, noon-6pm, Severna Park High School. Race Day, March 7, beginning at 6am at Severna Park High School.

All registered marathon and half marathon runners will receive a custom-designed sports bag with the B&A logo (microfiber, water-repellent). Marathon runners will also receive a shirt with the marathon logo and date. Please indicate your unisex size choice when you register--if you don't positively select your size, it will default to Medium.

Hotel Marriott Annapolis Waterfront
80 Compromise Street, Annapolis, MD 21401 Tele: 410 268 7555
About 10 miles and 17 minutes from Severna Park – see mapquest in file

Sun Mar 7

7:30am B&A Trail Marathon/Half Marathon 2010 starting at
Severna Park High School, 60 Robinson Road, Severna Park, MD 21146-2899

6 hour time limit but they offer an early start and have timed runners over 6 hours

Note that event sold out first few days of February in 2009. 240 marathoners in '08

Course

The first mile is on residential streets. Remainder of both races is on the B&A Trail - an asphalted bike and running path along a Rails-to-Trails Park. Hills at mile 7. The rest of the course is railroad grade-mostly flat. The course is USATF certified; numerous runners have qualified for Boston Marathon. (NOTE: Since the B&A Trail Marathon is AFTER the 2010 application deadline for Boston, it is a 2011 qualifier.) There are many opportunities for spectators along the trail. The Half Marathon and Marathon start and finish in front of the school. The Kids Run will be held at the school. NOTE: Marathoners may opt to finish the half marathon on race day and will be scored for awards in that event.

Course Markings

Volunteers will monitor all turns and intersections. Each mile of the Marathon and Half Marathon is marked. The course will be closed to automobile traffic but the trail itself will be open to other runners, bikers, roller bladers, and walkers. Please be alert and courteous to two-way trail traffic. Race Rules: RRCA regulations will be in place. Runners are expected to follow the safety guidelines of no headsets, no wheels, and no pets.

Aid Stations

Aid stations will include: water, Gatorade, fruit, coke, cookies, hard candy, aspirin and petroleum jelly. They are located at the 3, 7, 11, 13, 15, 17, 20, 22, and 24 mile marks. Post race food and beverages are available at the finish. WARM showers will also be available at the school.

Time Limit

The marathon course will close at six hours (about a 13:45/mile pace). We can't guarantee course support after that time. If you plan to be over 6 hours and would like an early start, please contact the race director. We will still post your time and give you a finishers' medal and make sure there is food available. Note: Early starters will not be considered for any awards.

Travel and Accommodations

The closest airport to the race in Severna Park is BWI (Thurgood Marshall/Baltimore Washington International). All major airlines, including Southwest, are there. There are many hotels and B&B type accommodations which you can reach via Google under Hotels Annapolis MD. To reach the race site from Annapolis, take Rte 50 to I-97 North, then Exit 10 to Benfield Road, east 3.8 miles to Severna Park High School on left.

Mon Mar 8

Pm Depart to home

Participants:

David Williams – 50th with wife Maggie and her sister Eliza
Maricar Korff
Monica Nop and Jim Melody
Diane Bolton and husband Tommy

Contacts:

Race director, Donna Cogle, 443-623-6628 or Arnie Henderson 410-263-0863
www.annapolisstriders.org

Email: batrailmarathon@comcast.net

Official Race Website: <http://www.annapolisstriders.org>

Runner Comments

I have run this marathon, and I want to **add my comments** about it.

Number of comments: **51** [displaying comments **1 to 11**]

More Comments: [< **1** **2** **3** **4** **5** **6** >]

Average Ratings: Course - ★★★★★ Organization - ★★★★★ Fans - ★★★★★

★★★★★ **Very good small marathon** (about: 2009)

Course: 4 Organization: 5 Fans: 3

B. L. from Baltimore (4/18/09)

4-5 previous marathons | **1** B&A Trail Marathon

This race is put on by the Annapolis Striders - and I am a member (so take my comments with a grain of salt).

The course is almost completely on the B&A Trail (a rails-to-trails course). I run this trail regularly, and enjoyed the opportunity to have the race on my "home" course.

The race is quite small, but is very well managed. The race starts and ends at a high school, and one of the best things is the ability to take a hot shower after the race.

I look forward to running this again!

★★★★★ **Well done small race** (about: 2009)

Course: 4 Organization: 5 Fans: 4

J. P. from Maryland (3/2/09)

6-10 previous marathons

Packet pickup was at the HS and was fast and easy. Friendly volunteers. Small but nice expo. Race starts 7:30 and it was cold, but you can just wait in the nice warm school till race time and there are snacks. Very nice course, mostly on conditioned trail with a few miles on roads. Excellent support - plenty of water, Gatorade, cookies, pretzels, etc. There is maybe a 1/2-mile hill around mile 7, but it's not steep.

Great pizza and food at the finish. Nice medal and cool rain jacket as swag for a very decent entry fee. Perfect season starter or 1st 1/2 or full marathon.

★★★★★ **Great small race** (about: 2009)

Course: 5 Organization: 5 Fans: 4

W. B. from Baltimore, MD (3/2/09)

6-10 previous marathons | **1** B&A Trail Marathon

OK, I'm biased a bit, since I belong to the Annapolis Striders who put on this race. But what a great small event this is. Excellent

premium again this year, low entry fee (\$50), even a hotel deal for out of town people. Plenty of parking, nice blacktop trail to run on which shelters one nicely from the wind that popped up race morning. Support is good for the first half (there is a half marathon running as well), but the support for the second half is a bit sparse. The volunteers are terrific and aid stations ready for each runner. Pizza and other food at the end. Even showers in the school for runners! It's my eighth marathon and you won't find a better value anywhere.

★★★★☆ **Hosted by running club that knows what to do** (about: 2009)

Course: 4 Organization: 5 Fans: 2

j. s. from San Diego, CA (3/2/09)

50+ previous marathons | 1 B&A Trail Marathon

My first time running this event, and I was not disappointed. If you are in the area, this is a good event to run. If you need big crowds, this is not for you

PROS:

- * Great staff and volunteers; at the race expo I asked Donna (the RD) where the showers were, and she made sure I knew where they were located. In addition, she promptly returned my phone call.
- * The course allows family/friends to view the runners at numerous points.
- * The course is relatively flat, although the hill at the first leg turnaround is tough.
- * Nice race jacket and medal; post-race food was plentiful.

CONS/IMPROVEMENTS:

- * Bridges were very icy and treacherous. Have volunteers lay down salt, or if no salt is allowed, shovel them. Snow/ice was predicted, and adjustments must be made.
- * Crowded start; separate the half and full or move the starting line to the street.
- * The little spur off of the B & A trail was unnecessary. Extend the course on the S or N legs because having to run off the trail was mentally deflating.

Overall, an A. I would recommend it to others without hesitation.

★★★★★ **Great small race.** (about: 2008)

Course: 5 Organization: 5 Fans: 5

Steve Carton from Annapolis, MD (12/16/08)

6-10 previous marathons | 2 B&A Trail Marathons

I loved this race. It was my second time running it and I'll run it again in '09. The course is flat and fast, and is mostly off the road and on a paved trail. In '08, it was cold before the start, but it warmed up to the low 40's, with no wind - perfect for a great run.

The Annapolis Striders ran this very well. Organization was top-flight, even calling out my name as I approached the finish line. Nice touch.

Not a large number of spectators, but still a fair number for this size event.

★★★★★ **COLD, Calm, and Collected** (about: 2008)

Course: 5 Organization: 5 Fans: 5

Dick White from Cocoa Beach, FL (3/16/08)

50+ previous marathons | 1 B&A Trail Marathon

B&A Trail Marathon was #38 in my ongoing quest for 50 states + DC, and, I must say, A PERFECT DAY for a marathon - 32 degrees at the start, "warmed up" to maybe 40 and NO WIND! AND... there was plenty of "crowd support" where it counted - at the many well stocked aid stations along the course!

Having lived briefly in Ann Arundel County in '92-'93, there was never a doubt as to which marathon I would do in MD for the 50 - I used to do weekly long runs on the B&A Trail. The Annapolis Striders are a TOP-SHELF runner's club and I've never heard negatives of any of their races.

This course couldn't be better. It has a slight downhill for the last 6 miles. No photographers at the finish line - but that's not the race director's call.

Thanks for a great day. Keep up the great work. We do so appreciate your efforts!

★★★★★ **Pleasant, Well-Run Small Marathon** (about: 2008)

Course: 4 Organization: 5 Fans: 4

P. W. from New Jersey (3/6/08)

11-50 previous marathons | 1 B&A Trail Marathon

I like small marathons, and this is a good one. Registration was efficient and friendly. The course was well-marked and had the dual advantages of being paved like a road but located in the country (except for a mile through a residential neighborhood and a half mile or so adjacent to a mall parking lot). The water stations were well-stocked, the volunteers friendly and patient (i.e., they stayed open for the last of us). The medal was fine, though not exceptional. The weather was much better than anticipated. There was plenty of food at the end. Entry fee was only \$40.00.

Overall, this marathon compares favorably with several other nearby small marathons I have done, including Greenbelt President's Day, Harrisburg and Self-Transcendence, is on a par with Atlantic City, and probably not quite as good as Delaware, though in fairness Delaware is quite a bit bigger.

My only suggestion for improvement was that there probably could be one more water stop in the early miles. I can't quite put my finger on where, but it seemed like the water stops were more sparse in the early miles than I am used to.

There were plenty of reasonably priced hotel choices, all about 15-20 minutes away - farther than I like, but there was no Sunday-morning traffic, so it was a smooth ride to the starting line.

Usually very compulsive about my pace on each mile, I only bothered to look at the time at the 5, 10 and 20 mile marks, so the course must have had a pleasant, relaxing effect on me. There are no spectators, so keep that in mind if that is what you are into.

All in all, a very good experience at a time of year when the choices are few in the Northeast.

★★★★★ **A well-organized, low-key, friendly race** (about: 2008)

Course: 4 Organization: 4 Fans: 3

D. S. from Baltimore, Maryland (3/6/08)

3 previous marathons | 1 B&A Trail Marathon

I highly recommend this marathon for anyone who might want a more intimate experience than the mega-marathons provide. The spectators are small in number but enthusiastic, and the paved course is flat (a couple of very minor hills) and fast. The Annapolis Striders put on a good race. The volunteers were unfailingly friendly and helpful. This year, the only glitch was before the start, when runners were lined up facing the right way, then the wrong way, then finally the right way, resulting in the race starting 10 minutes late. But it was no big deal, and some stragglers even made it to the start on time as a result of the confusion. If you have family/friends cheering you on, tell them you need them most anyplace after mile 13, when the half-marathoners finish and things get kind of lonely. The turnaround between miles 19 and 20 is kind of weird, zigging through a parking lot for a short distance, but you're back on the trail headed south soon enough. Even those of us who finished in the four-hour range had hot pizza and plenty of other food/drink waiting after the race. One other note: If you're driving to the race, get here early because parking at the high school (where the race starts and ends) fills up fast.

★★★★★ **A great small-town marathon!** (about: 2008)

Course: 5 Organization: 5 Fans: 3

J. L. from Delaware (3/5/08)

11-50 previous marathons | 2 B&A Trail Marathons

The B&A Trail Marathon is a perfect small-town marathon! I highly recommend it to runners who don't need large crowds of spectators to motivate them.

It was great to stay in the warm comfort of the high school until a minute or two before the start. The expo on race morning allowed me to get last-minute supplies I needed.

Organization is excellent - plentiful water, Gatorade, gel and Vaseline at the stops, and a place for runners to drop clothes and pick up at the finish.

Thanks for another great experience!

★★★★★ **Excellent, fast course - great organization** (about: 2008)

Course: 5 Organization: 5 Fans: 4

D. M. from Ogden, UT (3/5/08)

11-50 previous marathons | 1 B&A Trail Marathon

B&A Trail is a rails to trails project that is an asphalt surface. There is one short hill at about mile 7 and a couple overpasses to negotiate. Otherwise, this is flat and fast. If the weather cooperates (which it did in 2008) you can run a PR here.

Excellent fleece vest in lieu of a t-shirt. Medal is alright; nice for the price of registration (\$45, if I remember correctly). And the pre-race and post-race venue is excellent - nice, warm high school before the start and plenty of room to sit down and relax during the awards. Pizza and other goodies afterwards were also nice.

Did you ever see so many friends? This is David's distribution list of friends! The Liberty Ladies count ourselves lucky to be one of them!

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