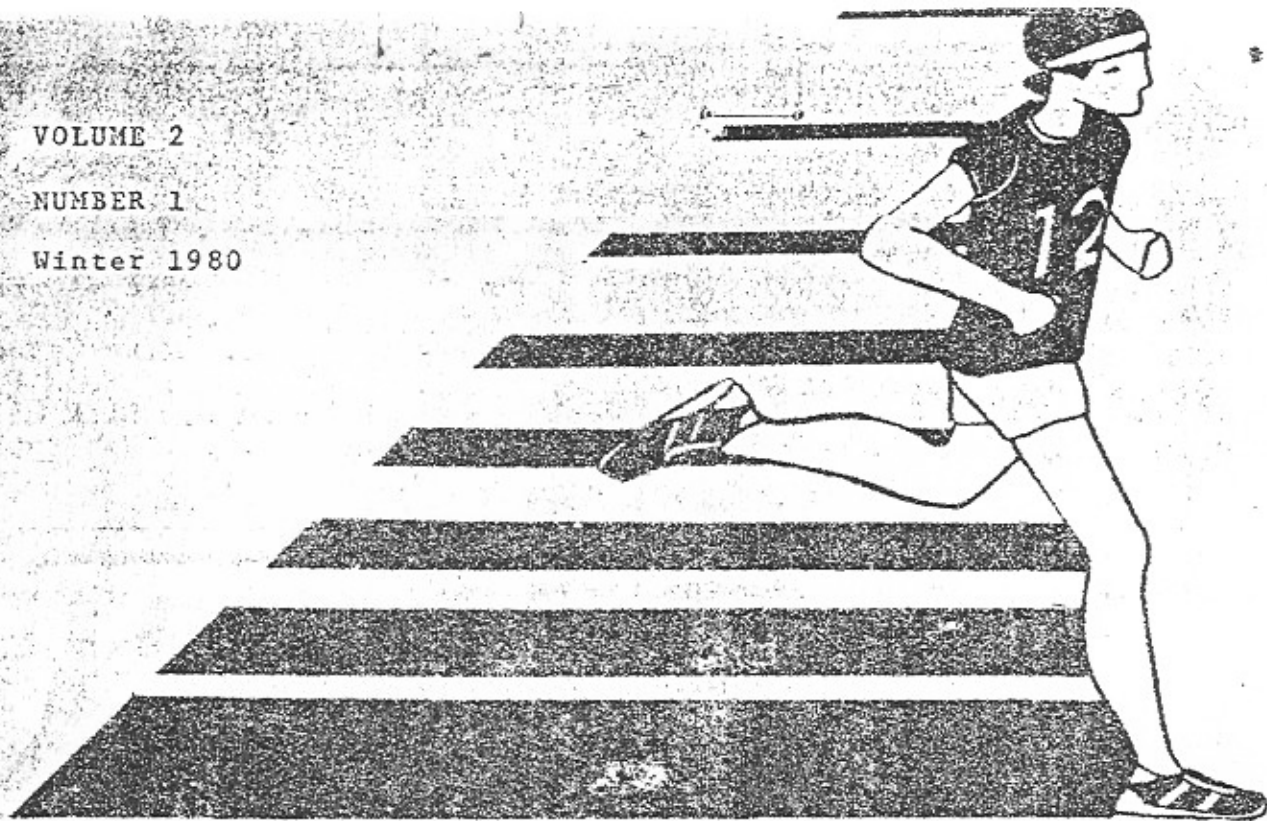


VOLUME 2
NUMBER 1
Winter 1980



Annapolis Striders

ANNAPOLIS STRIDERS, INC.
P.O. Box 187
Annapolis, Maryland 21404



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Annapolis Striders

PRESIDENT RON FISHER
VICE-PRESIDENT BEN MOORE
SECRETARY DOTTIE CAMPBELL
TREASURER MIKE VAN BEUREN
Race Director Mike VanBeuren
Publicity Linda Fisher
Membership Dick Hillman
Property/Awards Rob Bushnell
Newsletter John Kurpjuweit

VOL. II, NO. 1

WINTER, 1980

NOTICE

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ANNAPOLIS STRIDERS, INC.

SECOND ANNUAL GENERAL MEMBERSHIP MEETING

SUNDAY, MARCH 23, 1980 3:00 P.M.

U. S. NAVAL ACADEMY, RICKOVER HALL, ROOM 101

PROGRAM: ELECTION OF OFFICERS
AWARD PRESENTATIONS
SPEAKER AND/OR FILM (WATCH EVENING
CAPITAL FOR DETAILS)

NOMINEES FOR THE OFFICES ON THE BOARD OF DIRECTORS OF THE ANNAPOLIS STRIDERS, INC.

The following candidates have been nominated by a voluntary nominating committee to fill the posts of president, vice-president, secretary, and treasurer according to the procedure described in the by-laws of the club:

President:	Richard Hillman
Vice-President:	Mike van Beuren
Secretary:	Margit Eilers
Treasurer:	Jayne Astle

It was the wish of the nominating committee to restrict their selections to one per post so as not to make a popularity contest out of the election. However, nominations will be open from the floor on election day, March 23, so that any club member may add a candidate to this list.

-Bob Bridges,
nominating committee
chairman

FROM THE PRESIDENT

Probably the last thing in the world that a running club president wants to be called is a "lame duck", however, that is precisely the position in which I find myself. It has been a very unique and rewarding experience to have served as president during our first and formative year. I have had the opportunity to see, first hand, what a group of exceptional people we have working in this club.

I would like to encourage each of you to attend our up-coming membership meeting on the 23rd. Since there is an abundance of running activity in the area that morning, we are only asking that you attend and cast your ballots for your new slate of officers. We also will arrange to have a film or speaker on some aspect of running to be included in the program for that day. Due to some rather pressing personal problems, I am not seeking re-election at this time. I will, however, still be very active with the club in whatever capacity I am needed.

We are sponsoring a major race on March 30th, and we are again calling for volunteers to assist with the administration. Please remember that putting on a race requires many, many people. There are a large variety of jobs that need to be done prior to race day. The majority of the people could work and also run in the race. Don't let the fact that you plan on running exclude your giving some assistance.

I wish each of you a good and injury free new year with the club, and hope to see you on the 23rd and 30th.

LOOKING AHEAD 0 0 0 0 0 0 0 0 0 0

Looking ahead to the coming year for the Annapolis Striders, I believe a healthy exchange of ideas at the Annual Meeting on March 23rd regarding the club's future direction and focus would be extremely beneficial to the new Board of Directors and committees. The following are miscellaneous thoughts in no particular order which have been bandied about this year when club activities have been discussed. Some are mine. Some are yours. Some are stolen from other clubs. Some were overheard in the locker room. Some were divinely revealed unto Al Cantello. The listing of them under my signature certainly does not constitute a "platform". Nonetheless, if one these proposals should intrigue you and you wish to undertake its implementation or planning, you can be assured of my support if I am elected President. At any rate, please attend the Annual Meeting to share with all of us your observations about the successes and the failures of your running club.

DICK HILLMAN
PRESIDENT-NOMINATE

- **** Continuation of present bi-weekly run format.
- **** Limiting Striders major races to three per year, summer, fall & spring.
- **** Expansion of consulting services offered to other race organizers.
- **** Installation of a Striders phone with a recorded message regarding upcoming events and training tips, and providing a place to call with your race results.
- **** Implementation of four major training cycles: summer - for Annapolis 10 Miler; fall - for Maryland and other late fall marathons; winter - for Shamrock and other spring marathons; and spring - for major area 10M and 10K events.
- **** Implementation of training program for novices; for example, beginning on the first Saturday of even months and continuing for successive seven Saturdays.
- **** Initiation of weekly running column in Evening Capital.
- **** Publicize to doctors, therapists, and health organizations, the services offered by the Striders.
- **** Activities to involve families, such as fun runs, tot runs, picnics, spaghetti suppers, etc.
- **** Establishment of a year-long members-only kilometer championship series with numerous age categories to encourage and increase competition; series could be 5K, 10K, 15K, 20K, and 25K.
- **** Production of a winter awards banquet (similar to the Touchdown Club) to honor outstanding performance on the cross country teams of the U.S.N.A., the Community College, and area high schools. Program would feature Sheehan/Rogers/Shorter type speaker.
- **** Establishment of babysitting services for Striders runs and races.
- **** Establishment of an official Strider-affiliated racing team.
- **** Development of a formal relationship with some entity which has a track.
- **** Participation in the coalition to be formed to maintain the Truxton Park trails.
- **** Regularization of the publication of the newsletter.
- **** Preparation of compendium of area courses.
- **** Development of relationship with existing athletic entity to provide headquarters for Striders and showers, exercise, and other facilities.
- **** Utilization of sponsors and non-members as ways and means resource to accumulate funds to purchase necessary equipment.
- **** Sponsorship of running related trips, i.e., Honolulu Marathon, RRCA convention.
- **** Encouragement of female participation through special runs and clinics.
- **** Wider publicity of regional runs and clinics.

WHAT'S WHERE ?

[NOTE: Entry forms for many of these events together with other pertinent running information, are available on the bulletin boards of the Annapolis Striders located at the Athlete's Foot, 47 West Street, Annapolis, Maryland 21401.]

MARCH

- 8 Sat ANNAPOLIS STRIDERS 10K PREDICTED TIME & 1M fun run, 2 PM, Walt Eilers, 267-6284
- 15 Sat 8th ANNUAL SHAMROCK MARATHON (& 5M, 2M), 871B N. Military Hwy, Norfolk, VA 23502
RIVER RUN 15,000 and RRCA Nat'l 15K Championship, P. O. Box 515, Jacksonville, FL 32201
- 16 Sun GLEN TEN (10K), Glen Burnie Mall 766-5284
- 22 Sat 2nd ANNUAL LAKE IRVINGTON CLASSIC 8M RUN, Kathleen Saver, Lake Irvington Classic, Irvington, VA 22480
- 23 Sun 4th ANNUAL LADY EQUITABLE (10K), Anne Gafos, P. O. Box 1556, Baltimore, MD 21203
HOT 'N JUICY CLASSIC (10K), Capital Centre, Landover, MD 20786
SPRING THAW RUN (6.55M), Sports & Athletic Sect., 3300 Faulkland Rd, Wilmington, DE 19809
- 29 Sat 3rd ANNUAL SPRINGTIME IN PATRIOTLAND (2K, 10K, 25K), R. Spitler, 1 Rhodes St, Plainville, Mass 02762
- 30 Sun ANNAPOLIS STRIDERS CHERRY PIT 10 MILER (entry form in this issue)
PERRIER CHERRY BLOSSOM 10 MILER (entries closed)
17th ANNUAL CEASAR RODNEY HALF MARATHON, Tom Fort, Delaware Sports Club, P. O. Box 226, Wilmington, DE 19899
4th ANNUAL COHASSET ROADRACE BY THE SEA (10K), Cohasset JC's, P. O. Box 69, Cohasset, Mass 02025

APRIL

- 5 Sat BALTIMORE ROAD RUNNERS RIDE/RUN RESERVOIR RELAY, John Roemer (see May 18th)
- 12 Sat PEACH BLOSSOM 10M (& 2M), Talbot Co. YMCA, P. O. Box 127, Easton, MD 21601
DOVER TOWN & COUNTRY 8 MILER, Athletic Attic, 120 Loockerman St, Dover, DE 19901
- 13 Sun 2nd ANNUAL 10K B. & A. RR RUN, Severna Park JC's, P. O. Box 524, Severna Park, MD 21146
3rd ANNUAL LIFE & HEALTH MARATHON (& 1/2 marathon, 6M), 6856 Easter Av, NW, Washington, D.C. 20012
BONNE BELL 10K, Chris Tatreau, Memorial Hall, Philadelphia, PA 19131
COLONIAL RELAYS 1/2 MARATHON, Roy Chernock, P. O. Box 399, Williamsburg, VA 23185
- 19 Sat INTERNATIONAL AZALEA FESTIVAL-10K, Gordon Haggett, 503 Colonial Av, Norfolk, VA 23507
- 20 Sun PENN RELAYS MARATHON, Weightman Hall, Philadelphia, PA 19104
BRRC DRUID HILL PARK 4M, Roger Burrow, 367-2219.
CHARLOTTESVILLE 10M, Char. TC, 311 Westminster Rd, Char., VA 22901

WHAT'S WHERE ? [continued]

APRIL

- 21 Mon 84th ANNUAL BAA MARATHON, Will Cloney, P. O. Box 223, Boston, Mass
02199
- 26 Sat AMERICAN HEART ASSOCIATION RUN FOR LIFE DAY, Lake Montebello, A.H.A.,
P. O. Box 17025, Baltimore, MD 21203
- OLE HAMPTON 10 MILER, Hampton Rds JC's, P. O. Box 606, Hampton, VA
23669
- 27 Sun HERSHEY CHASE (10K), Hershey Medical Center, Hershey, PA 17033
- BRRRC LOCH RAVEN FIRE TRAIL FUN RUN, Bill Schwartz, 661-6586
- TOWSON STATE 5 MILER, 828-7921
- NYRRC TWOSOME (10M), Central Park, NYRRC, Box 881, FDR Station,
New York, NY 10022

MAY

- 3 Sat FLYING CIRCUS 10M, Rt 17 & Rt 644, Bealeton, VA 22712
- QUEEN ANNE DAYS RUN (10K), Bob Salitt, Box 37, Centreville, MD 21617
- 4 Sun PODIATRY ASSN. 10K, Hunt Valley
- MIDLAND SCHOOL RUN (15K & 3M), Box 5026, Readington Rd, North Branch,
NJ 08876
- 6th ANNUAL BOB RICE MEMORIAL (10K), Gene Coffin, 77 Pleasant Av,
Portland, Maine 04103
- 17 Sat DELAWARE MINUTEMAN MARATHON, Wayne Kursh, Marathon Shoes, 601 Dela-
ware Av, Wilmington, DE 19801
- BLUE & GOLD TEN (10K) [fast, flat course] Del. Nat'l Guard Runners,
Sherwood Park II, Wilmington, DE 19808
- 18 Sun BRRRC IRON MAN 78M RUN/BIKE, John Roemer, 17236 Evna Rd, Parkton, MD
21120 821-6473
- 24 Sat 4th ANNUAL CHESTERTOWN TEA PARTY CLASSIC DISTANCE RUN (10M, 2M),
Towne Sporting Goods, High St, Chestertown, MD 21620
- 25 Sun THE BRRRC CONSTELLATION (10K), (see May 18th)

JUNE

- 7 Sat 3rd ANNUAL HECHT'S 10 MILER, Ray Morrison, P. O. Box 648, Silver
Spring, MD 20901
- 21 Sat SCHLITZ LIGHT POTOMAC VALLEY 10K RUN, 111 Rawlings Rd, Gaithersburg,
MD 20760

AUGUST

- 23 Sat STOCKHOLM MARATHON, P. O. Box 13023, S-100/55, Stockholm, Sweden
- 24 Sun 5TH ANNUAL ANNAPOLIS 10M RUN, P. O. Box 187, Annapolis, MD 21404
- FALMOUTH PERRIER ROAD RACE (7.1M), 790 Main St, Falmouth, MA 02540

SEPTEMBER

- 21 Sun PHILADELPHIA DISTANCE RUN ("a premier half marathon"), YMCA, 1421
Arch St, Philadelphia, PA 19102
- 27 Sat VIRGINIA 10 MILER, 3020 Cranehill Dr, Lynchburg, VA 24503

(WHERE AN ENTRY FORM IS NOT AVAILABLE LOCALLY, SEND A STAMPED, SELF-
ADDRESSED TO THE ADDRESSES LISTED ABOVE.)

?? A STRIDER RACING SQUAD ??

It has been brought up in conversation among several of us that it would be fun and helpful to organize a group that would race together when we travel to races.

There are many possibilities open to us. We could:

1. Train together on a regular basis
Those two hour training runs certainly go alot better when your doing them with others. Also, when it's time to do track workouts, you actually get to the track when there are going to be others there to meet you.
2. Share training tips and coach each other
This comes naturally among friends but we might formalize this somewhat by sharing training schedules with each other.
3. Race as a team in the "BIG" races
So many Striders already go to the Bethesda Chase, Cherry Blossom the Virginia 10-Miler, the Marine Corps Marathon, the J.F.K. 50 Miler, the Lady Equitable, etc.-Why not enter the team divisions? Travelling as a club is also less expensive.
4. Look for a coach
Serious runners need the advise. I know that I could have avoided many injuries and months of wasted or ineffective training if I had had an expert supervising my progress.
5. Post a weekly information sheet to coordinate and notify each other.

These are just a few suggestions. This would not be an exclusive group of elitists within the Striders but a forum that would share training tips and disseminate information.

This was written only to get a group together, to get something started. Everyone in the club is welcome. Not all of us would necessarily be training for a marathon or even 10 miles. Remember, those who are just beginning to race seriously would stand to gain the most from a group like this.

If you'd like to get involved in a group like this call :

Mike van Beuren- 263-8125 or Eric Peltasalo- 267-0374

B W I T W O S O M E □ □ □ □ □ □ □ □ □ □ □ □

As of the publication of the December newsletter, the ANNAPOLIS STRIDERS were involved in the planning of a major race to be conducted Saturday, April 5th, to be called the BALTIMORE-WASHINGTON INTERNATIONAL TEN MILE TWOSOME. It was to be a couples race around the perimeter of BWI Airport. The STRIDERS were to manage the race itself. Almost everything else was to be handled by sponsors, the International Hotel, the BWI Airport Administration, and Westinghouse. The Hotel had stressed from the outset that this was to be a class event or it would not be put on. Fifteen hundred couples or 3,000 total entrants were anticipated. Unfortunately, due to circumstances beyond Striders control, the second week of January arrived with its major running magazine deadlines without the completion of essential layout and design work. Furthermore, crucial details regarding computer services and the underwriting (by a Baltimore radio station) of most of the cost of the T-shirts had not been nailed down by the Hotel. The Striders Board concluded that given the commitment previously made to do a Perrier Cherry Blossom satellite race (the Cherry Pit 10-miler) and the impossibility of carrying off a race of the BWI Twosome's magnitude in less than 90 days, discretion dictated that the club withdraw from the event. At this time however, the Hotel remains interested in conducting the Race either later in 1980 or April, 1981. The club's participation will be an issue confronting the new Board. Many Striders did respond to the original call for leadership assistance for this event. Most of the volunteers have been put to work on the Cherry Pit, the Annapolis Run, or other activities. Nonetheless, if a club member(s) wishes to be the Race Director for the BWI Twosome, this commitment could be a catalyst for causing this event to become a reality. To help you, most of the planning and logistical details have already been worked out and reduced to writing. Call Dick Hillman, 269-0253.

LEADERS GO OFF COURSE; EDEN PREVAILS

Over 200 people entered and 192 finished this 15 kilometer race celebrating the Striders' first year of existence. Runners were greeted by warm temperatures and light breezes as they negotiated the many turns on this out-and-back through the Naval Academy grounds.

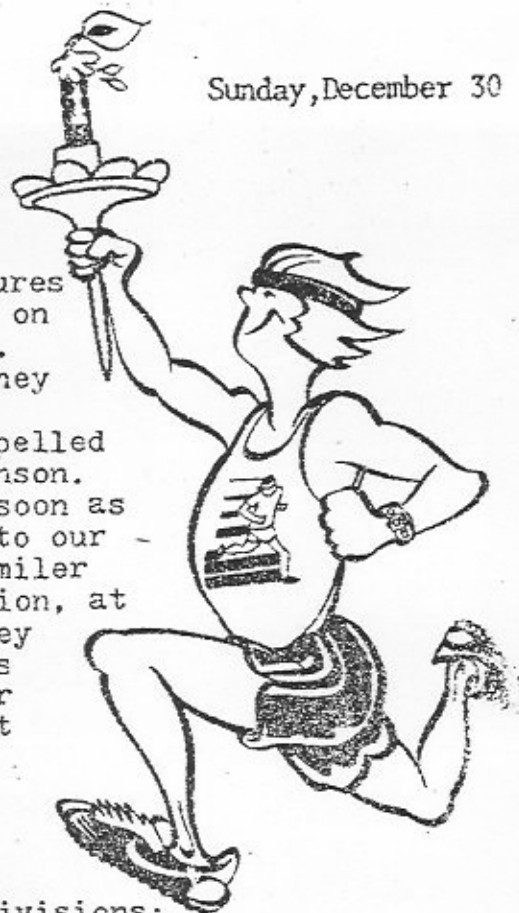
Although club show-offs, such as myself, thought they had a chance to walk away with the "holiday cheer" awarded as prizes, those fantasies were quickly dispelled by post entrants Scott Eden, Dan Rincon, & Mark Johnson.

Eden, Rincon, and Johnson disappeared quickly as soon as the starters pistol sounded leaving the rest of us to our 'personal' victories. Rincon, two-time Annapolis 10-miler victor, led Eden, former Marine Corps Marathon champion, at 5 and a half miles. But as they crossed a bridge they were misdirected by a well-meaning spectator. It was a few moments before the pace bicycle realized their absence and chased them down. And since Eden was not as far off course as Rincon, he gained an edge that turned out to be the winning margin.

In the Women's divisions Sue Crowe overpowered Marge Rosasco. Both took age group awards.

The mighty duo of John and Priscilla Butterfield salvaged our club's pride by sweeping the Masters divisions; and Jim Delp took the Men's 30-39 age group as a new Strider.

-Mike van Beuren



Men's Open

- | | | |
|----|--------------|-------|
| 1. | Scott Eden | 46:09 |
| 2. | Dan Rincon | 47:58 |
| 3. | Mark Johnson | 48:25 |

30-39

- | | | |
|----|------------|-------|
| 1. | Jim Delp | 53:00 |
| 2. | Larry Noll | 54:25 |
| 3. | Ron Nibett | 54:32 |

Masters (40&Over)

- | | | |
|----|------------------|-------|
| 1. | John Butterfield | 52:55 |
| 2. | Steve Rosasco | 57:51 |
| 3. | James Black | 58:24 |

Women's Open

- | | | |
|----|------------------|---------|
| 1. | Sue Crowe | 55:52 |
| 2. | Marge Rosasco | 56:46 |
| 3. | Pris Butterfield | 1:09:41 |

30-39

- | | | |
|----|----------------|---------|
| 1. | Marge Rosasco | 56:46 |
| 2. | Linda Casalino | 1:08:22 |
| 3. | Barbara Maffei | 1:16:30 |

Masters (40&Over)

- | | | |
|----|------------------|---------|
| 1. | Pris Butterfield | 1:09:41 |
| 2. | Jill Mottus | 1:13:30 |
| 3. | Tina Gardner | 1:17:33 |

NOTICE : TO ALL THOSE WHO DID NOT RECEIVE THEIR 15 K T-SHIRTS

For all those who completed the Annapolis Striders First Anniversary 15 k run only to find that we'd run out of shirts, your shirts are in. Go to the Athlete's Foot on West street and pick them up or call Bob Bridges at the store- 269-1133.

***** RESULTS : FIRST ANNIVERSARY 15 K, December 30th *****

1.	Scott Eden	46:09	26.	Steve Rosasco	57:51
2.	Dan Rincon	47:58	27.	Earl Keicher	57:53
3.	Mark Johnson	48:25	28.	Ron Isbell	58:19
4.	Scott Paris	52:08	29.	James Black	58:24
5.	Mike Van Beuren	52:09	30.	Nathan Betnum	59:12
6.	Steve Hull	52:28	31.	Ray Harrison	59:16
7.	John Butterfield	52:55	32.	Al Kubelnis	59:21
8.	Jim Delp	53:00	33.	Dan Sayner	59:24
9.	Mark Norton	54:01	34.	Chuck Walsh	59:26
10.	Larry Noll	54:24	35.	Daniel Stroncak	59:34
11.	Ron Niblett	54:32	36.	Tillman Johnson	59:44
12.	William Quillen	54:53	37.	Joe Duffy	59:49
13.	Mike Keelty	55:17	38.	Merle Maffei	59:53
14.	Dwain Thomas	55:24	39.	Karl Van Allen	1:00:04
15.	Rich Schmidt	55:34	40.	Herb LeMoyné	1:00:21
16.	Sue Crowe	55:52	41.	John Peterson	1:00:32
17.	Earl Price	56:06	42.	Norm Lee	1:00:38
18.	Bob Burns	56:19	43.	Don Rosenshine	1:00:44
19.	Mike Sheedy	56:32	44.	Randy Fox	1:00:48
20.	Larry Dragon	56:46	45.	Demetrios Fotos	1:01:00
21.	Marge Rosasco	56:46	46.	T. D. Meter	1:01:04
22.	James Lovell	57:14	47.	Bryan Ball	1:01:13
23.	Myron Campbell	57:22	48.	Richard Kittrell	1:01:22
24.	Rodney Travis	57:26	49.	Ron Fisher	1:01:44
25.	Bob Crowe	57:46	50.	Donald Waddington	1:01:54

51.	John Lewis	1:02:00	81.	Bill Law	1:06:27
52.	Gary Dulin	1:02:02	82.	Franklin Smith	1:07:06
53.	Gary Jones	1:02:09	83.	Ty Giesemann	1:07:10
54.	Enser Cole	1:02:13	84.	H. Donald DeLude	1:07:53
55.	Bill Schuler	1:02:38	85.	Norman Nice	1:07:54
56.	W. J. Kitchen, Jr.	1:02:38	86.	Doug Burkhardt	1:07:55
57.	Phil Staller	1:02:39	87.	Walt Eilers	1:08:04
58.	Jeff Zehe	1:02:40	88.	Fred Betz	1:08:11
59.	Steve Steele	1:02:51	89.	Linda Casalino	1:08:22
60.	Tim Dahle	1:03:16	90.	Gill Cochran	1:08:22
61.	Garland Green	1:03:21	91.	John Gudas	1:08:38
62.	Kenneth Shaffer	1:03:25	92.	Torben Hansen	1:08:40
63.	Michael Powell	1:03:50	93.	John Apgar	1:08:44
64.	A. C. Havill	1:03:57	94.	Hugh Williams	1:09:02
65.	Tom O'Neill	1:04:07	95.	Earle Myers	1:09:07
66.	Martin Snider	1:04:10	96.	Robert Leichtman	1:09:18
67.	Gif Manger	1:04:21	97.	Rick Price	1:09:31
68.	Bill Kost	1:04:24	98.	Jim Colsh	1:09:31
69.	Joseph Formoso	1:04:50	99.	Fred Jacoby	1:09:32
70.	Michael McNew	1:04:53	100.	Ben Moore	1:09:33
71.	Robert Pastrana	1:04:53	101.	Priscilla Butterfield	1:09:41
72.	Edwin Polk	1:05:02	102.	Larry Sullivan	1:10:02
73.	Terry Druffel	1:05:05	103.	Charles Gore	1:10:51
74.	Warren Cooper	1:05:14	104.	O. W. Pratt	1:10:56
75.	Ken Dreyfuss	1:05:23	105.	W. E. White	1:11:10
76.	Ed Pogue	1:05:25	106.	Martin Paul	1:11:24
77.	Morris Paschall	1:05:30	107.	Dianne Dulin	1:11:38
78.	Walt Strond	1:05:49	108.	Carl Wright	1:11:43
79.	Douglas Early	1:06:03	109.	Stephen McManus	1:12:02
80.	David Lester	1:06:18	110.	Martin Rosenberg	1:12:06

***** FIRST ANNIVERSARY 15 K RESULTS CONTINUED *****

111.	Robert Bohan	1:12:06	151.	Liz Ball	1:21:15
112.	William Greene	1:12:22	152.	Betty Moore	1:21:15
113.	Thomas Kalnoske	1:12:47	153.	Charles Cadell	1:21:16
114.	John Davies	1:12:50	154.	Dave Ryan	1:21:16
115.	Joseph Egozcur	1:13:09	155.	John MacLean	1:21:36
116.	James Crowley	1:13:13	156.	Mary McKinney	1:22:12
117.	Jill Mottus	1:13:30	157.	Bart Shortall	1:22:40
118.	Ding Brannan	1:13:33	158.	Ken Thorn	1:22:44
119.	Jim Storey	1:13:37	159.	Horrigan	1:22:48
120.	Allan Segree	1:13:47	160.	Allen Stallings	1:23:05
121.	Win Dunwell	1:12:55	161.	Jim Magliano	1:23:46
122.	Wayne Reno	1:13:55	162.	Doug Jovan	1:23:58
123.	Daniel Smith	1:14:30	163.	Jim Sandison	1:24:25
124.	Joe Flannery	1:14:48	164.	Jayne Astle	1:24:41
125.	John Kurpjuweit	1:14:58	165.	John Astle	1:24:42
126.	Bill Bodziak	1:14:59	166.	Harris Marx	1:24:42
127.	Jack Jones	1:15:14	167.	Chester Baum	1:25:05
128.	John Kloster	1:15:18	168.	Milton Ricketts	1:25:21
129.	Jerry Amuedo	1:15:23	169.	Timothy Sarter	1:25:25
130.	Doug Raper	1:16:22	170.	Carol Jones	1:25:49
131.	Barbara Maffei	1:16:30	171.	Daniel Milstead	1:25:52
132.	Larry Levy	1:16:30	172.	Norma Isbell	1:25:59
133.	Steve Turner	1:16:47	173.	Judy Taylor	1:26:18
134.	Jay Cox	1:16:51	174.	Walter Morawski	1:27:05
135.	Rick Welch	1:16:56	175.	Vincent Sarter	1:28:57
136.	Don Goodwin	1:16:59	176.	Guy Riccio	1:29:20
137.	Michael McAusland	1:17:06	177.	Joanne Barringer	1:29:41
138.	Dean Powell	1:17:25	178.	Hugh Donald	1:29:44
139.	Tina Gardner	1:17:33	179.	Eric Purdon	1:29:45
140.	Branin Thorn	1:18:00	180.	Joan Kludy	1:30:25
141.	Leonard Cohen	1:18:44	181.	Sandy Armudo	1:32:45
142.	Robert Frierson	1:18:48	182.	Jeanne Townshend	1:32:49
143.	William Bryson	1:18:57	183.	Vicki Riley	1:35:00
144.	Liz Barclay	1:19:07	184.	Charles Watts	1:37:01
145.	Dottie Campbell	1:19:14	185.	Pat Ogle	1:37:29
146.	Rick Krewson	1:19:52	186.	Linda Fisher	1:39:32
147.	Martin Steinberg	1:20:06	187.	Linda Simpson	1:40:01
148.	Joan Coble	1:20:38	188.	Clifford Hill	1:41:23
149.	Jim Barringer	1:20:42	189.	Mary Gerte Spadone	1:42:07
150.	Steven Siegel	1:20:45	190.	Marie Chamberlin	1:42:07
			191.	Lisa Hillman	1:42:34
			192.	Lawrence Taylor	1:42:45

NOTICE FOR THOSE WHO RUN AT THE NAVAL ACADEMY:

From: U.S.N.A. Security Officer

1. Joggers who approach Naval Academy gates between the hours of sunrise and 0900 may be permitted to gain entrance to the Yard. This courtesy is extended to joggers, whether Naval Academy affiliated or not, in the interests of good community relations.

2. The established policy of restricting joggers during the hours of darkness remains in effect. (safety and security reasons)

A.W.Hill, Jr.

submitted by Capt. John Butterfield



2nd ANNUAL 10 Km B&A RAILROAD RUN

SUNDAY, APRIL 13, 1980 9:00 AM

PRESENTED BY THE SEVERNA PARK JAYCEES
ALL PROCEEDS TO BENEFIT JAYCEE COMMUNITY PROJECTS

PLACE

SEVERNA PARK HIGH SCHOOL, BENFIELD ROAD AND ROBINSON ROAD
SEVERNA PARK, MARYLAND

DIRECTIONS

FROM SOUTH: NORTH ON MD. RT. 3 TO BENFIELD, THEN 4 MILES EAST TO H.S.
FROM NORTH: SOUTH ON MD. RT. 2 TO ROBINSON, THEN 1 MILE SOUTH TO H.S.

TIME

RACE-DAY LATE REGISTRATION & PACKET PICK UP 7:30 TO 8:45 AM
START OF RUN 9:00 AM
AWARDS CEREMONY 10:00 AM

ENTRY

\$5.00 INDIVIDUAL ENTRY FEE POSTMARKED BY MIDNIGHT APRIL 5, 1980
\$7.00 AFTER DEADLINE ENTRY FEE ON DAY OF RUN
NO TEAM ENTRIES

AWARDS

T-SHIRTS WILL BE AWARDED TO ALL FINISHERS, BUT GUARANTEED TO ALL
PRE-REGISTERED RUNNERS ON THE DAY OF THE RUN - OTHERS WILL BE MAILED
INDIVIDUAL AWARDS IN 12 CATEGORIES

COURSE

10 Km (6.2 MILES) OUT & BACK LOOP THROUGH SCENIC SEVERNA PARK
PARALLELLING A PORTION OF THE B&A TRACKS - HARD SURFACE ROLLING HILLS

THEME

FOR OVER 5 YEARS THE JAYCEES AND JAYCEE WIVES HAVE BEEN MAINTAINING
A 5 MILE LENGTH OF THE B&A RAILROAD TRACK EMBANKMENT THROUGH SEVERNA
PARK AS A HIKING TRAIL. COUNTY EXECUTIVE ROBERT PASCAL AND RECREATION
AND PARKS DIRECTOR JOE McCANN HAVE RECOGNIZED OUR EFFORTS. SUPPORTING
THIS RUN WILL ASSIST THE JAYCEES IN CONTINUING TO IMPROVE THIS TRAIL.

FOR ADDITIONAL INFORMATION OR FORMS, PLEASE TELEPHONE 647-3804
OR 647-8759

LAST NAME													FIRST NAME	

STREET ADDRESS CITY STATE/ZIP

AGE ON DAY OF RUN SEX T-SHIRT SIZE

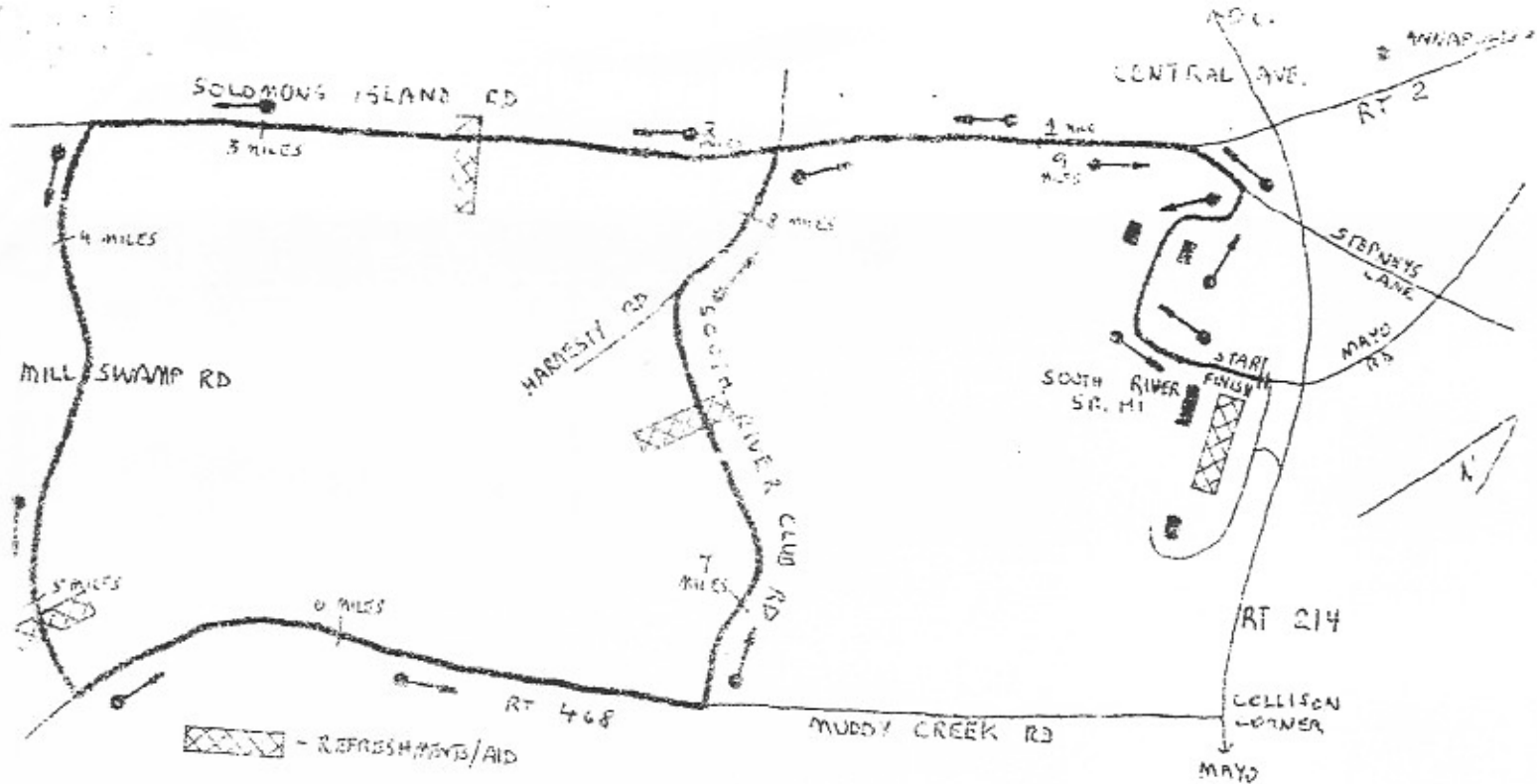
CHECKS PAYABLE TO: SEVERNA PARK JAYCEES
P.O. BOX 524
SEVERNA PARK, MARYLAND 21146

In consideration of the acceptance of this entry to the SPJC B&A RUN, I waive all claims for myself, my heirs, and assigns against the SPJC B&A RUN promoters for injury or illness which may result from my participation. I further state that I am in proper condition to compete in the run.

Signature of Runner

Date

Parent's Signature (if runner under 18)



MAP OF CHERRY PIT 10 MILER - 3/30/80 2 PM (NOT TO SCALE)

ANNAPOLIS STRIDERS RACE SCHEDULE

SATURDAY	MARCH 8	2 PM, ANNAPOLIS SR. HI. (RIVA RD), 10K PREDICTED TIME RACE & 1M FUN RUN, WALT EILERS (267-6284)
(SUNDAY	MARCH 16	9 AM, BALTIMORE ROADRUNNERS CLUB 20M CHAMPIONSHIP, LOCH RAVEN DAY, BOB RAY 254-6263)
(SUNDAY	MARCH 23	10:30 AM, BRRC LADY EQUITABLE IV 10K, BALTIMORE INNER HARBOR)
SUNDAY	MARCH 30	2 PM, CHERRY PIT 10M, SOUTH RIVER SR. HI., RON FISHER (267-0269)
(SUNDAY	APRIL 13	9 AM, 2ND ANNUAL 10K B & A RAILROAD RUN, SEVERNA PARK HI. SCH.)
SATURDAY	APRIL 26	9 AM, (FORMER) ANNAPOLIS RACQUET CLUB, ADM. COCHRAN DR. (OFF OF RIVA RD), 10K FUN RUN, MIKE VAN BEUREN (263-8125)

MAY - JUNE : SCHEDULE TO BE PREPARED BY RACE COMMITTEE AFTER ANNUAL MEETING IS HELD MARCH 23RD AND WILL APPEAR IN NEXT NEWS-LETTER IN MID-APRIL

JULY - AUGUST : CONTINUING THE TRADITION OF TRAINING RUNS FOR THE ANNAPOLIS RUN (AUGUST 24TH), THE '80 SERIES WILL BE ON SUNDAYS, JULY 8, 20, AUGUST 3, 17. LOCATION, TIME AND DISTANCES TO BE ANNOUNCED.

ANNAPOLIS STRIDERS



Sanctioned By



AWARDS: First two finishers in each category :

Men's and Women's

Open
30-39
40-49
50 & over

Free Perrier posters available on all entrants race day

SOUTH RIVER HIGH SCHOOL, EDGESWATER, MD
SUNDAY MARCH 30, 2:00 PM

REGISTRATION..... 12:30-1:30 PM

Race Starts..... 2:00 PM

Awards Ceremony..... 3:45 PM

\$5.00 Individual Fee; \$4.00 for Annapolis Striders; \$6.00 on race day regardless of club affiliation

Please enter by mail prior to March 22nd. No confirmation will be sent.

RACE IS LIMITED TO THE FIRST 500 ENTRANTS
T-SHIRTS TO ALL FINISHERS

10 mile course over country roads in southern Anne Arundel County. Course is secure, monitored, asphalt surfaced, and picturesque with a few hills.

START AND FINISH AT SOUTH RIVER HIGH SCHOOL.

Directions: From the Annapolis area take Rt. 2 (Solomon's Island Road) south over the South River bridge and take a left at the second light. The school is on your right after a quarter mile

Preregistration and Race Packet pick-up Friday & Saturday, March 28 & 29 at the Athlete's Foot, 47 West St., Annapolis

assistance from:



Make checks payable to: Annapolis Striders, Inc.

Send application to P.O. Box 187, Annapolis, MD. 21404

DIVISION OFFICIAL USE

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SEX M F
AGE AS OF RACE DAY

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LAST

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STREET

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CITY

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

Signature of Runner _____ Date _____
Signature of Parent (in under 18) _____ Date _____

FIRST

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T-SHIRT SIZE

STATE

ZIP:

ANNAPOLIS STRIDERS 5 MILE RUN , JANUARY 27 : RESULTS

Naval Academy Midshipman Tony Basile and Steve Hull traded first place through 5 hard fought miles. At the four mile mark Steve appeared to be building an insurmountable lead. However Tony played his trump card in the last mile and caught, passed, and pulled away from Steve to record a seven second victory in 27:08. Steve hull, who is Tony's cross-country coach feels he "don't get no respect."

-Denny Anderson

Men 1. Tony Basile (21), 27:08 ; 2. Steve Hull (29), 27:15;
 3. Eric Peltasalo (30), 28:26 ; 4. Mike van Beuren (27), 28:28 ;
 5. Mark Kohring (28), 30:18 ; 6. Greg Davis (22), 31:11
 7. Don Rosenshine (36), 31:29 ; 8. D.N. Fotos (24), 32:04
 9. Dan Stroncak (15), 32:10; 10. Gif Munger (36), 32:38

Women 1. Kathy Stevens(27),39:19; 2.Liz Barclay(28),39:42; 3.Connie Dolan (29),39:45; 4.Linda Casalino(32),39:45; 5.Priscilla Butterfield(40),40:57

Divisions

Men 30-39: 1.Eric Peltasalo; 2. Gif Munger

40-49: 1.Don Waddington 32:39; 2.Rock Howland 33:16

50+ : 1.Bill Law 34:37; 2.Ben Moore; 36:12

Women 30-39:1.Linda Casalino

40-49:1.Priscilla Butterfield

50+ ;1.Betty Moore 41:53

OPEN: 11. Don Waddington	32:39	40. E.M. Hemseri	41:37
12. Warren Cooper	32:54	41. Betty Moore	41:53
13. Rock Howland	33:16	42. Chad Gillmer	42:16
14. Bob Wyatt	33:43	43. Ken Thorn	42:16
15. Tom Kalnoske	34:00	44. J.C. Astle	42:20
16. Doug Early	34:05	45. Jayne Astle	42:20
17. Bill Law	34:37	46. Peter McGough	42:52
18. Orv Pratt	34:56	47. P.J. McGough	42:52
19. Doug Burkhardt	34:56	48. Paul Kirby	43:02
20. John Butterfield	-	49. Ed Schaeffer	43:14
21. Rob. Pastrana	36:02	50. Guy Riccio *	44:20
22. Mike McNew	36:02	51. Billy Palmer	44:43
23. Ben Moore	36:16	52. Mike Manasseri	44:43
24. Kevin Moore	37:44	53. Mark Palmer	44:43
25. Peter Horrigan	38:00	54. ? ?	-
26. Neil Donnelly	38:10	55. Pat Moore	44:50
27. D. Brannan	38:16	56. Mark Manasseri	45:01
28. Doug Raper	38:58	57. Dick Manasseri	-
29. Branin Thorn	39:08	58. Rodney Beach	45:20
30. Kathy Stevens	39:19	59. Warren Higby	45:15
31. Liz Barclay	39:42	60. Linda Fisher	46:33
32. Connie Dolan	39:45	61. Louise Lynch	46:55
33. Linda Casilino	39:45	62. Penny Beach	47:01
34. D.N. Fortier	39:52	63. Mary McKinney	-
35. Craig Bauer	40:27	64. ? ?	-
36. Wendy Butterfield	-	65. ? ?	-
37. Pris. Butterfield	40:57	66. Chris Taylor **	57:00
38. - Hawley	40:59	67. Judy Taylor	57:00
39. Mike Chamberlain	40:59		

* oldest finisher (59)

** youngest finisher (7)

HELLO STRIDERS ! This is the treasurer speaking

Do you know that there are over 650 of you out there ? Yes, from Alabama to Rhode Island, West Virginia to the Eastern Shore; spanning the civilized world. Ah, but we might lose many of you. That is if you don't pay your DUES.

You won't receive a letter in the mail begging you to join the club for another year. There'll just be this one plaintive cry from your 'man with his hands in the till', as I'm known by the rest of the board.

Don't desert us, we need each other! Dues are still the same: \$9-family \$5.-individual, & \$3.-student.

And, as a special incentive, if you sign up for the CHERRY PIT 10 MILE you can deduct \$1.00 from you membership dues. Only one family member need do this to qualify for the deduction.

Memberships come due quarterly so if you joined the Striders from January through April of last year this notice applies to you and you alone.

I'll have a table set up at the general membership meeting Sunday, March 23rd to collect from all of you; but if you prefer to pay by mail, clip off this form below and mail it to: TREASURER, ANNAPOLIS STRIDERS, Box 187, Annapolis, MD 21404.

SIGN ME/US UP FOR ANOTHER YEAR !

NAME: _____ PHONE: _____

CHANGE OF ADDRESS: _____ ?

CHERRY PIT 10M ENTRANT? yes no If yes, enclose your entry form if you have not already submitted it.

APPLICATION FOR MEMBERSHIP

NAME _____

LAST

FIRST

INITIAL

SEX

ADDRESS _____

STREET

POST OFFICE

ZIP

DATE OF BIRTH

PHONE: _____

OCCUPATION _____

HOME _____

WORK _____

SIGNATURE _____

Committee Preference: _____

DUES: Individual \$5.00

Family \$9.00

Race/Run _____

Newsletter _____

[list complete info for each member]

Full Time Student \$3.00

Property/Awards _____

Membership _____

[school: _____]

T-shirts (circle size) \$4.00

Publicity _____

Clinics/Training _____

Male S M L XL

Female S M L XL

Child S M L

Other _____

Tank Tops (circle size) S M L \$6.50

ANNAPOLIS STRIDERS, INC.

P.O. Box 187

Annapolis, Maryland 21404



* Shirts are available at the Athlete's Foot 47 West Street, Annapolis, at most Strider functions, or by mail with a .75 per shirt postage charge