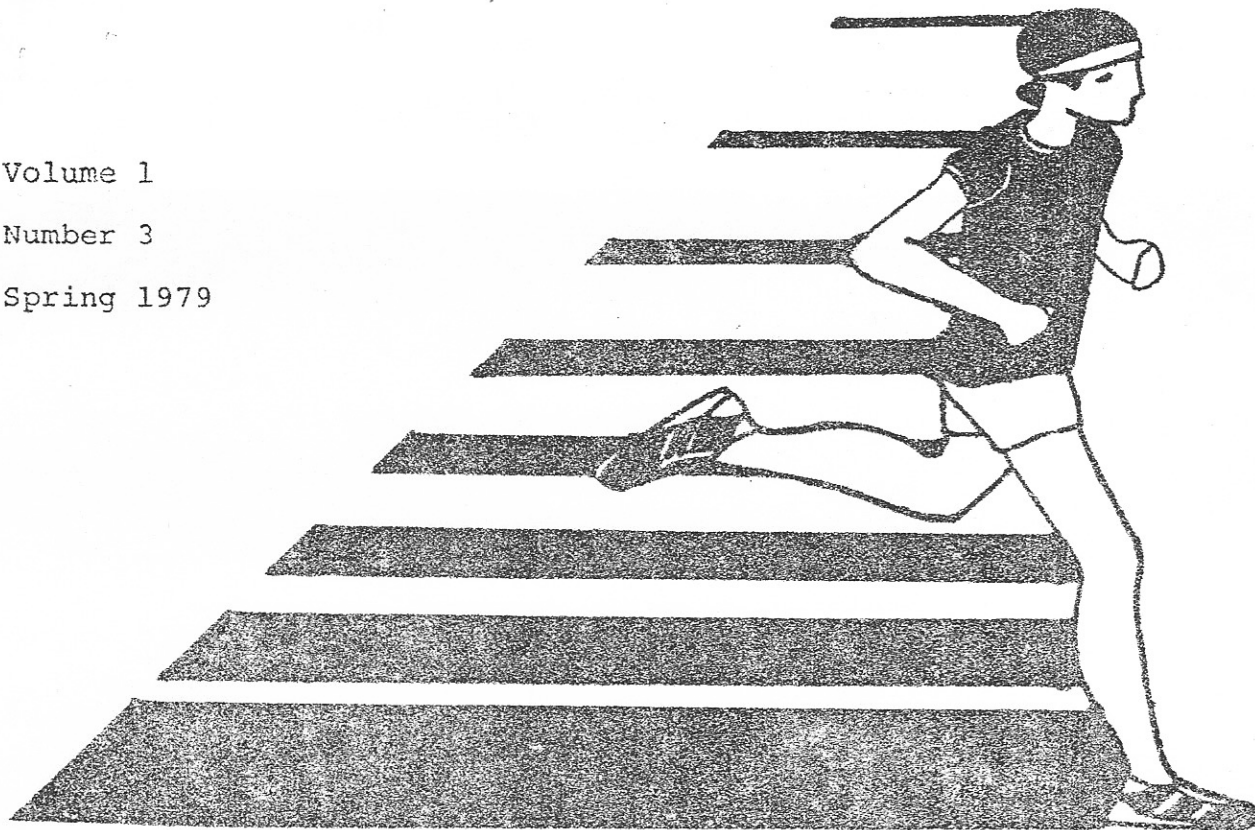


Volume 1

Number 3

Spring 1979



Annapolis Striders

Annapolis Striders, Inc.
101 Simms Drive
Annapolis, Md. 21401

Annapolis Striders

RON FISHER-	PRESIDENT
BEN MOORE-	VICE PRESIDENT
DOTTIE CAMPBELL-	SECRETARY
MIKE VAN BEUREN-	TREASURER

Volume 1 Number 3
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Annapolis, Md 21401

THANKS TO THOSE STRIDERS WHO VOLUNTEERED TO SERVE ON THE FOLLOWING COMMITTEES AT THE MARCH 25TH MEMBERSHIP MEETING. IF YOU WOULD LIKE TO JOIN ONE OF THESE COMMITTEES, PLEASE CALL THE CHAIRPERSON OR ANY CLUB OFFICER.

RACE/RUNS COMMITTEE

Denny Anderson- Chrm.
(268-3013)

Pat Ogle
Bob Corey
Gif Munger
Randy Fox
Debbie Fox
Jim Magliano
Robert Shillingburg
Ron Isbell
John Kokish
Walt & Charmaine Lewis
Bill Criss
Dan Dreibelbis Jr.
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Dermott Hiskey
Tim Thomas
Mike Van Beuren
Bob Bridges
Steven Watkins
Cathy Bridges
Martin Rosenberg
Charles Rector
Jim Colsh
Linda Casalino
Don McFarland
Mike Long

MEMBERSHIP COMMITTEE

Dick Hillman-Chrm.
(269-0253)

Norman Lee
Priscilla Butterfield
Pat Bushnell
Jerry Campbell
Betty Moore
Jim Bradner
Harold L. Jones
Jan White
Jim Colsh

NEWSLETTER COMMITTEE

John Kurpjuweit- Chrm.
(757-3331)

Steve Warner
Ed Dimarco
Joanne Radice
Melissa Gibson
Scott Lyon
Linda Casalino
Linda Kurpjuweit

PROPERTY/AWARD COMMITTEE

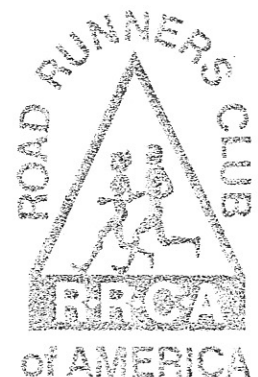
Rob Bushnell- Chrm.
(263-6241)

Kathy Munger
Glen Keith
Don McFarland
Dot Quigg

PUBLICITY COMMITTEE

Linda Fisher- Chrm.
(267-0269)

Bob White Jr.
Carole Cochran
Linda Thompson
Carol Mitola
Herb LeMoyné
Denny Anderson
Joanne Radice
Melissa Gibson
Susan Myers
Kathleen Stevens



ATTENTION ANNAPOLIS STRIDERS!

Dr. Gabe Mirkin, author of "The Sports Medicine Book," will give a clinic for members of the Annapolis Striders and any other interested individuals. Pass this information on:

WHEN: SUNDAY, 22 APRIL 1979
WHERE: MAHAN HALL, U.S. NAVAL ACADEMY
TIME: 2:30 P.M. (PRIOR TO OUR SCHEDULED RUN)

There is no charge to attend.

Dr. Mirkin will have copies of his book available for sale to anyone interested.

It will be a very informative afternoon for all runners, seasoned and beginners.

DON'T BE SORRY YOU MISSED IT!

RUNNING CALENDAR

All 1-mile runs will be preceded by training sessions with Ben Moore.

- Sunday, 22 April 2:30 p.m., clinic by Dr. Gabe Mirkin in Mahan Hall at the U. S. Naval Academy. Immediately to follow, 1-2-5 mile fun run to start at Hospital Point.
- Sunday, 29 April 2:00 p.m., 1-2-4 mile fun run at U.S. Naval Academy's Cross Country Course (Across old Severn River Bridge, right at light. Course is approx 1/4 mile on right after next light.)
- Sunday, 6 May 2:00 p.m., 1-2-4 mile "predicted time run" at U.S. Naval Academy's Cross Country Course. Family picnic immediately to follow for those interested. (B.Y.O.F.)
- Sunday, 20 May 2:00 p.m., 1-2-10K run at new Annapolis Senior High School/ Government Park (located off Riva Road).
- Sunday, 3 June 2:00 p.m., 1-2-10K club RACE at U. S. Naval Academy (start at Field House). Entry fee: 25¢/member; 50¢/non-member. Awards to be presented.
- 17 June-19 August Four training runs with the Severna Park Funrunners in preparation for the 4th Annual Annapolis 10-Mile Run. (Schedule in next newsletter.)
- Sunday, 26 August 7:30 a.m., 4th Annual Annapolis 10-Mile Run. (Start at Severna Park High School; finish at Navy-Marine Corps Stadium on Rowe Blvd.) Conducted by the Severna Park Funrunners and the Annapolis Striders.

On 10 April 1979, the newly elected officers of the Annapolis Striders met in the conference room of J. R. McCrone on Ridgely Avenue at 7:30 p.m. In addition to Ron Fisher (President), Ben Moore (Vice President), Dottie Campbell (Secretary), and Mike Van Beuren (Treasurer), Rob Bushnell, Dick Hillman, John Kurpjuweit, and Ken Hatch were present.

Like any meeting of runners, there was the tendency to go off on a "running" tangent. However, we didn't stray long and it was a very productive first meeting.

Our first and most pressing item of business was publishing our next newsletter with a running calendar and getting it to the members as soon as possible. (Thank you, John Kurpjuweit!!!) Please note on the running calendar that Ben Moore will be having training sessions for all interested Striders (but geared for the beginning runner) at the start of all the fun runs. Be sure to get to the site of the fun run early so that you don't miss it!

The six standing committees (as amended in the by-laws) were adopted unanimously. Interim chairmen for each committee were selected from those of you who volunteered during our annual meeting on 25 March. The individual committees and the interim chairmen are:

- Property and Awards.....Rob Bushnell.....263-6241
- Training and Clinic.....Ken Hatch.....269-0592
- Newsletter.....John Kurpjuweit.....757-3331
- Publicity.....Linda Fisher.....267-0269
- Membership.....Dick Hillman.....269-0253
- Race and Runs.....Denny Anderson.....268-3013

Anyone else interested in volunteering for a committee, please contact that particular chairman. Each chairman will setting up a meeting in the near future for all members of his committee to elect a permanent chairman and to assign various responsibilities within the committee.

Dr. Ken Hatch, a local podiatrist and member of the Annapolis Striders, will hold a clinic for the Annapolis Striders entitled, "The Prevention and Treatment of Running Injuries" on 9 May at 7:30 p.m. in Room 216, Chauvenet Hall, U.S.N.A. Dr. Hatch also has a film scheduled to be shown that night.

Also planned for the members is a clinic to be given by Dr. Gabe Mirkin, noted author of "The Sports Medicine Book," on 22 April in Mahan Hall, USNA, at 2:30, prior to our scheduled fun run. Dr. Mirkin plans to run with the Striders that day.

As far as the status on our resolution regarding the restrictions placed on the midshipmen at the Naval Academy, a letter with a copy of the resolution was mailed to the Mayor of Annapolis and to the Superintendent of the Naval Academy. Ron Fisher is arranging for a meeting in the near future with both the Mayor and the Superintendent to discuss our concerns with that restriction. Keep you posted!

The officers of the Annapolis Striders agreed to meet on a monthly basis (the second Monday of the month) in the conference room at J. R. McCrone at 7:30. We invite any and all suggestions so that you can derive the maximum benefits from our club.

Dottie Campbell
Secretary

TO THE MEMBERSHIP

I would like to take the time to thank you for selecting me as the first elected president of our club. I have great hopes for the Striders and the direction we take over the next year. A running club is only as good as its membership, and if we all work together, no one of us will have to lose their very precious running time to serve the membership. We must keep in mind the reasons we are together, namely, an interest in running — our own as well as others.

It is my hope that this first year be very developmental in its nature. I would hope that we would have clinics and workshops involving getting started and training as well as regularly scheduled fun runs. There will be some scheduled races, but even these can be run as fun runs. You must remember that the nature of the event is in your own mind, not in the semantics of what its called.

As the summer progresses, I would like to see some family days with a great variety of events taking place all day long involving all the members of the family; some beer drinking and picnicing; and general good times.

For those of us interested in racing, there are an abundance of races in the general area which would meet our needs. As a regular feature, starting with this newsletter, we will provide a list of up-coming races which may be of interest. Wherever possible, we will also rate the race from previous experience.

For all this to happen, we need manpower. Elsewhere in this publication you will find a list of our standing committees and chairmen. If you have not signed up to serve, please do so now, so that we can share the load. If you have special talents which would be best suited to a particular group, please share it with us. Keep in mind that the run/race committee will

require the greatest number of persons. The degree to which we are able to meet the needs of our membership depends on how much we are willing to give of ourselves.

The officers and board of the Striders will meet on the second Monday of each month at 20 Ridgley Avenue at 7:30 P.M. Your comments or presence is always welcome. Lets all make the Striders a successful club.

We can do it!

Ron

Ron

Dr. Ken Hatch, a club member and local podiatrist specializing in sports injuries will give a clinic entitled, "Prevention and Treatment of Running Injuries." Also included will be a film on running injuries and a discussion of running shoes by Bob Bridges.

The clinic will be held on Wednesday, May 9, 1979 at 7:30 p.m. The location will be Chauvenet Hall, Room 216, U.S. Naval Academy.

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Special

Women's Running Weekend

Women Running Clinic

Goucher College, Lillian Welsh Hall

Saturday, April 21, 1979 at 10:00 a.m. to 12 noon.

Discussion of training, injuries and racing for women

Questions & Answers

Goucher Women's 3-miler on Sunday, April 22, 1979 at 9:00 a.m.

Flat Course, T-shirts to the first 300 finishers

Entry fee: \$3.00

Directions: Baltimore Beltway Exit 27, south on Dulaney Valley Road to the college.

Plans for the Fourth Annual Annapolis Ten Mile Run were announced today. This event, which is fast gaining a reputation as a classic road race, will be held Sunday, August 26, 1979. The starting gun will sound promptly at 7:30 AM to avoid the heat. The course begins at Severna Park High School and wends its way south through scenic countryside crossing the Severn River and terminating in the Navy-Marine Corps Stadium in Annapolis.

The 1978 edition of the run, conducted by the Severna Park Fun Runners, attracted 1492 entrants. Of these, 1170 actually started the race and 1050 finished. The newly formed 500 member Annapolis Striders has joined the Fun Runners in presenting this year's event. The race is co-sponsored by the Annapolis Racquet Club and by First Federal Savings & Loan Association of Annapolis. All proceeds will benefit the programs of the American Heart Association which are conducted in Anne Arundel County.

The course records were both set last year by popular Maryland area runners: Dan Rincon (50:25) and Marge Rosasco (62:59). This year the course will be AAU certified and the entire race will be conducted under the sanctioning guidelines of the Road Runners Club of America with which the Annapolis Striders is affiliated.

Plans are now being made for a series of weekly training runs to be conducted on the eight weeks preceding August 26th. These will all be in the Annapolis area and will be open to the public without charge. In addition, an open house will be held at the Annapolis Racquet Club the night before the race. Entrants may pick up their packets at that time.

Entry forms are being mailed this week to each 1978 entrant. Additional entry forms will be available at area running equipment stores. An entry form and further information about the race may be obtained by sending a stamped self-addressed envelope to P. O. Box 699, Severna Park, MD 21146. The field will be limited to 2000 registrants and entries will be cut-off when that number is attained. No post entries will be accepted. Each entrant will receive a mail confirmation.

Awards will be presented in ten different categories. In addition, each finisher will receive the prized Annapolis Run T-shirt, the 1978 edition of which is sported by so many area runners.

The Race Committee is as follows: Randy Fox, Race Director; Donna Jay and Bonnie Phillips, Registration Co-Chairmen; John Julita and John Butterfield, Traffic Co-Chairmen; Dick Hillman and Walt Eilers, Public Relations Co-Chairmen; and Rob Bushnell, Awards Chairman.

TO ANNAPOLIS STRIDERS: The Annapolis Ten-Miler is your race now. Each of you (young and old alike) should plan now either run or work or both. The entry form in this newsletter is in your hands before general public distribution. Don't delay in forwarding it. To volunteer for a committee, call Randy Fox at 956-5978.

NOTE ON STRIDERS MEMBERSHIP MATTERS: If you have not already received your membership card, it should be attached to this newsletter. Remember, you cannot get your discounts at area running stores without your card. Also, you will need it in order to pay the lower membership entry fee for club races.

**** As of this printing we now have 466 members as follows: 245 adult males of whom 21 are midshipmen, 135 adult females of whom one is a midshipman, and 86 children of whom 58 are male and 28 are females.

OTHER / RACES / RUNS / CLINICS

April 20-21, 1979

President's Council on Physical Fitness & Sports
Mid-Atlantic Regional Clinic
U.S. Naval Academy
2 days of clinics and workshops on many aspects of sports & fitness
For information call 267-2831 or 267-3153

April 22, 1979

Diet Pepsi 10k
Wash. D.C. - 8:00 a.m.
West Potomac Park

April 22, 1979

Cherry Blossom Run
5 mile race through Josephine Gardens & Rockford Park - Wilmington Del.
T-shirts - Post reg. \$5.00
Potentially beautiful setting
Josephine Gardens, Brandywine Park, Wilmington, Del.

April 29, 1979

St. Mary's Marathon
Lexington Park through Pax. River N.A.S. and return
Certified Course
Reg. \$6.00
Applications available through Ron Fisher

May 6, 1979

Flying Cloud Half-Marathon 5k fun run - reg. \$5.00
10:00 a.m. Historic Gardneri Basin - \$3,000 in prizes
Atlantic City Magazine
101 S. Swarthmore Avenue
Ventor City, N.J. 08406

May 12, 1979

Elizabeth River Run (10k) - 10:00 a.m. - State College
Elizabeth River Run UP/LS Box 360
Norfolk, Va. 23501

May 19, 1979

Edgewood, Maryland Gunpowder Neck 10 Mile
Aberdeen Proving Ground
Joe Lacetera, 1006 Whitaker Mill Road
Joppa, Maryland 21085 (flat, fast course - well run)

Petersburg Virginia - Petersburg Battlefield - 6 mi. - 9:00 a.m.
Ft. Lee Track Club, P.O. Box 5227, Ft. Lee, Va. 23801
(very good race - entries close May 1st)

May 20, 1979

Bonne-Bell (10k - women only) Wash. D.C.
Henley Roughton, 4307 Birchlake Court
Alexandria, Virginia 22309
(very good race)

May 26, 1979

Chesterdown Tea Party Festival, Chesterdown, Maryland
10 mi. run - 2 mi. fun run
Pre-entry only \$3.50 - limited to 500
Shore Striders, Towne Sporting Goods
High Street, Chesterdown, Md. 21620 - 778-0569

Wheeling Distance Race (20k) 9:00 a.m.
Wheeling Civic Center - clinic on 25th
Hugh Stobbs, Bridge Parking Grounds
933 Main Street, Wheeling, W. Va. 26003
(very challenging course, well run race)

May 27, 1979

Constellation to Mt. McHenry - 10k
Inner Harbor, Baltimore, Maryland - 9:00 a.m.
John Roemer, 17236 Suna Road, Parkton, Md. 21120
Enter by May 17th (fast course)

June 10, 1979

American Cancer Society 10k, A.W. Co. (probably at Ft. Meade)
\$1.00 tax deductible fee - T shirts
757-71147 for information

June 17, 1979

Hospital 10k - Benefit Baltimore City Hospital Coronary Care Unit
T shirts - \$4.50 tax deductible fee
Applications available around town or call 396-9020

When writing for race applications or information, please remember
to enclose a self addressed, stamped envelope.

THANKS MARTI BETZ-

Special thanks is due to Marti Betz who designed the logo
for our T-shirts, membership cards, etc. The Striders are lucky
to have such a talented artist in our midst. And she is not the
only one; Bill Smith also submitted a design.

Ordinarily a club like ours would have to pay a substantial
sum to get work of such superior quality. We should all thank
them for their generosity.

For those who don't yet have their own 'official' Strider
shirt, they are available for a modest price of four dollars
at the Athlete's Foot on West Street and also at all club events.
Get them while they last!

-Mike van Beuren