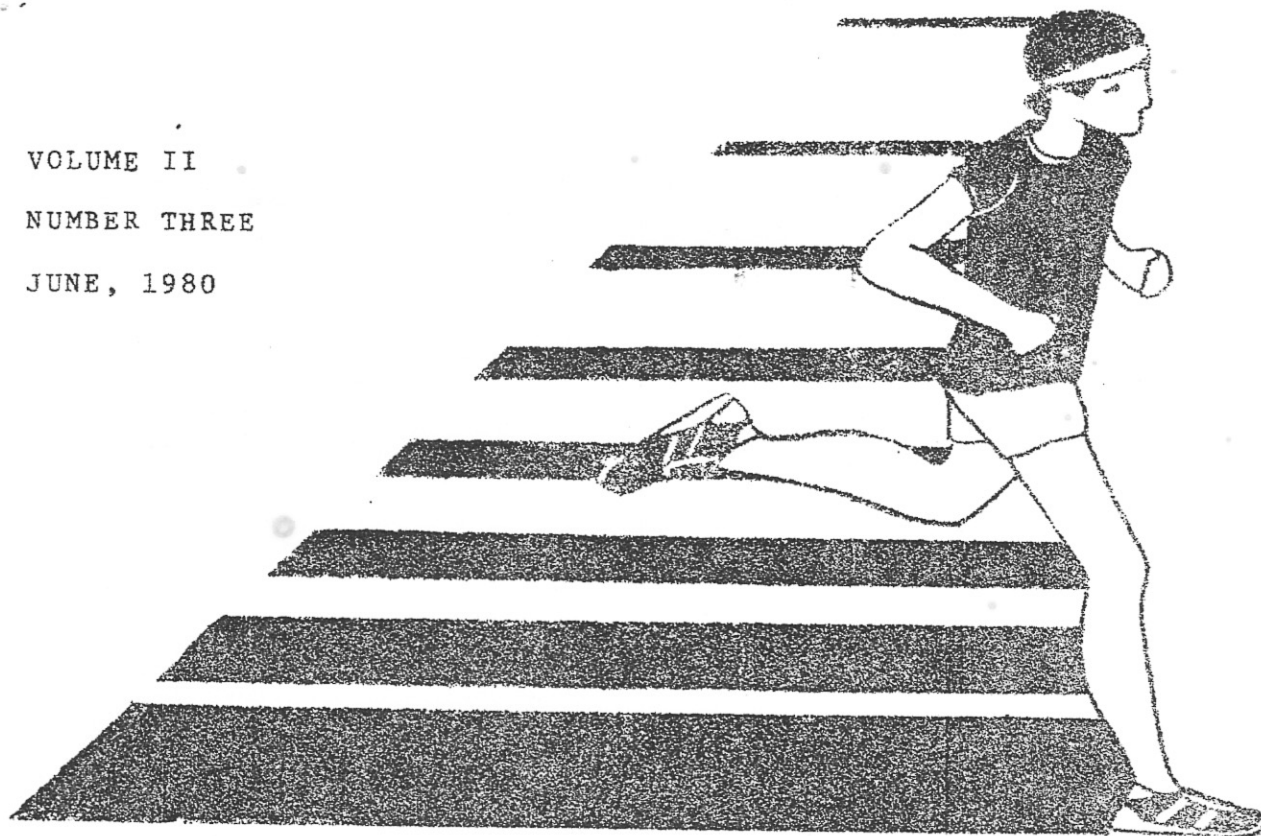


VOLUME II  
NUMBER THREE  
JUNE, 1980



# ANNAPOLIS STRIDERS

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

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# ANNAPOLIS STRIDERS

24 HOUR RUNNERS HOTLINE

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ANNAPOLIS RUN:					
Walt Eilers	6 Decatur Av	Annapolis	21403	267-6284	224-3330

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The help received from Striders for the Constellation registration and the Hecht 10-Miler finish line was greatly appreciated. In each case, our aid proved invaluable to the ERRC and the DORRC. Sharing resources with area RRCA affiliates will be even more prevalent in the future. Jeff Darman (past RRCA president) is the MD/DC representative. A "state" meeting, hosted by the Striders, was conducted in April. We agreed to put each other on our mailing lists, to publish a joint race schedule, and to assemble a list of the race gear owned by each of the 12 participating clubs.

MARDI GRAS MARATHON: Bob Trascott 3:08:00 (Bob is moving back to the area from Mobile, AL)  
CHERRY BLOSSOM (10M): Eric Haars 61:23 (3rd Masters)  
BONNE BELLE (10K): Nancy Waddington 56:01  
CONSTELLATION (10K): Ray Harrison 36:45 Don Waddington 40:45 Nancy Waddington 54:47  
CHESTERTOWN (10M): Nancy Waddington 97:57  
HECHT CO. 10-MILER: Ray Harrison 61:26 (3rd Masters)

We are investigating a club trip to Bermuda in late January for the Marathon and 10K. If interested, let us know. Please let us hear from you about a bus or carpooling to the Bottle & Cork, the Philadelphia 1/2 Marathon, the Virginia 10-Miler, and the NYC Marathon.

The Championship Series is off and running! Don Rosenshine and Nate Betnum did a marvelous job in organizing the largest non pre-entry race in our history. The Series event is only a 5K (3.1M). No excuse for you not to come out. Competition is strictly within age categories only. Emphasis is on participation as well as competition. Watch for the details about the rest of the Series.

Keep Kool,

W. A. R. R.

# DUES EXPLANATION

AS YOU MAY READILY APPRECIATE, IN A CLUB WITH ALMOST 500 MEMBERSHIP UNITS AND MORE THAN 700 INDIVIDUAL MEMBERS, THE PROBLEM OF COLLECTING DUES IS MONSTROUS. CONSEQUENTLY, A SIMPLIFIED SYSTEM HAS BEEN DEVELOPED. BILLS WILL BE SENT QUARTERLY, JANUARY 1ST, APRIL 1ST, JULY 1ST, AND OCTOBER 1ST. YOUR DUES ARE THUS DUE ON THE 1ST DAY OF THE QUARTER WHICH IS THE ANNIVERSARY OF THE ONE IN WHICH YOU BECAME A MEMBER. IN OTHER WORDS, IF YOU WERE A CHARTER MEMBER, YOUR DUES WERE DUE JANUARY 1, 1980 AND WILL BE DUE AGAIN JANUARY 1ST 1981. IF YOU BECAME A MEMBER IN APRIL, 1979, YOUR DUES WERE DUE APRIL 1, 1980. THE TREASURER RECENTLY MAILED DUES NOTICES TO EACH MEMBERSHIP UNIT WHOSE DUES WOULD HAVE BEEN DUE JANUARY 1ST AND APRIL 1ST. MANY OF YOU HAVE RENEWED AS A RESULT OF THE NOTICE. MANY OF YOU HAVE NOT. CONSEQUENTLY, THIS WILL SERVE AS YOUR NOTICE THAT:

IF YOU BECAME A STRIDER BETWEEN THE TIME THE CLUB WAS FOUNDED AND JUNE 30, 1979, AND YOUR DUES REMAIN UNPAID AS OF JULY 1ST, YOUR NAME WILL BE STRICKEN FROM THE MEMBERSHIP ROLLS AND YOU WILL RECEIVE NO FURTHER MAILINGS FROM THE CLUB. RENEW TODAY.

FROM THE TREASURER:

<p><u>APRIL</u>    <u>Income</u>    \$192.50</p> <p>          <u>Expenses</u>    736.77</p>	<p><u>MAY</u>    <u>Income</u>    \$252.85</p> <p>          <u>Expenses</u>    713.57</p>
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On June 8th, many of us enjoyed the 10K on the Bay (Rosenshine Run). Income from the run was \$212, but expenses were about \$270.

During the last week of May, we sent out over 200 reminders of memberships due to be renewed. Please send in your dues right away.

Thanks, Jayne Astle.

Jayne Astle

DO YOU KNOW THE WHEREABOUT OF  
THE FOLLOWING PEOPLE?????

RICHARD HALL	NANCY J. BURNS
BOB HAYES	DONALD COLBORNE
HENRY GREGORIE	BUD CORN
HILBURN FAMILY	JEFF G. DAVIS
JEAN AND DICK JOHNSTON	RENÉE DECELL
NICK LAKIS	RAYMOND ENGLISH
JIM LECLAIR	BARBARA MORDES
RENÉE MARKULIN	MCINTYRE & MURRAY FAMILIES
CHRISTOPHER NOSS	SUSAN MYERS
RORY C. WILSON	DONALD ROCKWELL

Race Results of 4 Mile Predicted Run held on May 24, 1980

Finish	Name	Predicted Time	Actual Time	Difference
1.	Dick Hillman	34:00	33:49	-0:11
2.	G. Keith	26:45	27:17	+0:32
3.	Mike Chamberlain	28:45	28:04	-0:41
4.	Doug Walters	29:00	28:05	-0:55
5.	Fred Paone	35:00	36:02	+1:02
6.	Louise Zeitlin	35:30	36:04	+1:10
7.	Doug Burkhardt	30:00	28:41	-1:19
8.	Susie Dene	34:25	36:10	+1:45
9.	Tom Ponlin	38:15	35:33	-2:42
10.	Marty Rosenberg	38:00	40:51	+2:51
11.	Jim Sandiron	36:00	42:20	+6:20
11.	Jayne Astle	36:00	42:20	+6:20

## RULES FOR 1980 CLUB CHAMPIONSHIP SERIES

You must be a Club Member as of May 31st to receive ANY awards.

The series this year will have 6 races; a 5K, 10K, 10 miles, 15K, 20K, and 15 miles. We will run the 15K and 20K in the Winter series, the 5K and 10K in the Summer series, and the 10 miles and 15 miles in the Fall series.

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 5K and come in 28th overall and you were the 4th finisher in your age group, your points for this race will be 4. This way you are only in competition against your age group. You can throw out your worst score (race). For example, if a runner placed as follows: 5K (8), 10K (6), 10 miles (10), 15 miles (3), and a no show in 15K (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 have 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. There will be special awards given to persons running all 6 races.

Anyone working a race will be given the opportunity to run the course and record their time prior to the race for other club members.

Your age this year will be based on the date of the first race June 8, 1980. What your age is on June 8th will be the age group you will run in the entire year. The age groups for the yearly awards are: MEN: 14 and under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-59, 50 and over. WOMEN: 14 and under, 15-19, 20-29, 30-39, 40-49, 50 and over. The awards given out at each race have nothing to do with the yearly awards. The breakdown may be different for the individual races.

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!!!!!!

# Annapolis Striders Club Championship Series Standings - 1st Race 6/8/80

## 10K on the Bay

		MEN		35 - 39	Points
WOMEN		14 and under		Rob Bushnell	1
		Points		Don Rosenshine	2
14 and Under	Points	Michael Manasseri	1	T. D. Johnson	3
Stacey Murdock	1	Bobby Ward	2	Dick Hillman	4
		Branin Thorn	3	Gif Mumger	5
		Chris Taylor	4	Chuck Walsh	6
15 - 19				Dick Kittrell	7
Linda Ward	1	15 - 19		John Whitney	8
		Andy Butterfield	1	Fred Jacoby	9
20 - 29		Richard Jordan	2	Bill Miller	10
Liz Barclay	1	David Jordan	3	Gil Cochran	11
Susan Denz	2	Ed Beach	4	Carl Schneder	12
Trudy Trumpy	3			Dick Manasseri	13
Sue Cosden	4	20 - 29		Martin Snider	14
Susan Custer	5	Mike Van Beuren	1	Marty Rosenberg	15
Shirley Tucker	6	Steven Hull	2	Joe Cloraty	16
		Thomas Fish	3	Jim Storey	17
		Demetrios Fotos	4	Walt Eilers	18
30 - 39		Nick Lakis	5	Marty Paul	19
Tisha Whitney	1	Ed Purpura	6	Neil Connelly	20
Danalee Green	2	Edwin Polk	7	Rick Rohrbach	21
Andrea Nelson	3	Glen Keith	8	Petar Horrigan	22
Linda Colsh	4	Warren Cooper	9	Lawrence Taylor	23
Judy Taylor	5	Pet Donovan	10		
Debby Fox	6	Dirkvan Curan	11	40 - 44	Points
Pat Pasley	7	Jack Paltell	12	Grvid Pratt	1
Monica Thomas	8	Tom Donlin	13	Garland Green	2
Barbara Barnett	9	Donald Cosden	14	Doug Burkhardt	3
Linda Simpson	10	Gene Morgan	15	Al Segree	4
Pat Bushnell	11	Dave Ryan	16	John Logis	5
Melaine Betnum	12	Steven Watkins	17	Earl Scott	6
Elaine Storey	13			Jim Sandison	7
		30 - 34	Points	Tyler Shores Jr.	8
40 - 49	Points	Eric Peltosalo	1		
Priscilla Butterfield	1	Bing Topper	2	45 - 49	
Jayne Astle	2	Joe Smaldone	3	Ray Harrison	1
San Chastain	3	Jeffery Schriver	4	Don Waddington	2
Ann Walter	4	Nathan Betnum	5	Dale Vogel	3
Carol Jones	5	Tim Dahle	6	Jack Jones	4
Nancy Waddington	6	Bruce Springer	7	Willard Johnson	5
Dorothy Quigg	7	Randy Fox	8	Charles Cadell	6
		Craig Bauer	9	Ding Brannan	7
50 and over		Peter Nelson	10		
Margaret Cochran	1	John Gudas	11	50 and Over	
Betty Moore	2	Addo Stanziale	12	Thomas McKee	1
Jeanne Townshend	3	Junas Legum	13	Ben Moore	2
Gerts Spadone	4	Robert Frierson	14	Curly Cochran	3
		R. L. Custer	15	Torben Hansen	4
		Doug Jovan	16	Bill Law	5
		John DeGreck	17	Doug Raper	6
		Dave Bartosevich	18	Murray Chastain	7
				Rodney Beach	8
				Dan Spadone	9



Annapolis Striders Race Results: 10K on the Bay 6/8/80

1.	Mike Van Beuren	34:27	41.	Gill Cochran	45:55	82.	Betty Moore	53:32
2.	Steven Bull	35:22	42.	Danalee Green	45:58	83.	Jane Astle	53:53
3.	Eric Feltosalo	36:16	43.	Carl Schneider	46:03	84.	Jonas D. Legum	54:22
4.	Thomas Fish	37:26	44.	Michael Manasseri	46:08	85.	San Chastain	54:33
5.	Ray Harrison	37:43	45.	Dick Manasseri	46:01	86.	Ann Walter	54:41
6.	Bing Topper	38:25	46.	Peter Nelson	46:13	87.	Debby Fox	54:57
7.	Andy Butterfield	38:32	47.	Dale Vogel	46:14	88.	Pat Fasley	55:02
8.	Joe Smaldone	39:07	48.	Martin Snider	46:17	89.	Donald T. Cosdem	55:22
9.	Demetrios Fotos	39:22	49.	Torben Hansen	46:18	90.	Gene Morgan	55:24
10.	Jeffery Schriver	39:38	50.	Fris Butterfield	46:30	91.	Monica Thomas	55:28
11.	Nick Lakis	40:07	51.	David Jordan	46:44	92.	Barbara Barnett	56:03
12.	Rob Bushnell	40:22	52.	Marty Rosenberg	46:55	93.	Ding Brannan	56:13
13.	Don Rosenshine	40:31	53.	Joe Cloroty	47:03	94.	Brandin Thorn	56:14
14.	T. D. Johnson	40:41	54.	Bill Law	47:14	95.	Carol Jones	56:44
15.	Ed Purpura	40:52	55.	Andrea Nelson	47:23	96.	Nancy Waddington	57:08
16.	Nate Betnum	41:12	56.	Al Segree	47:25	97.	Jim Sandison	57:08
17.	Orvid Pratt	41:18	57.	Jim Storey	47:34	98.	Dave Ryan	57:10
18.	Tim Dahle	41:20	58.	John Gudas	48:02	99.	Stacey Murdock	57:22
19.	Edwin Polk	41:25	59.	Pete Donovan	48:10	100.	Robert Frierson	57:26
20.	Garland Green	41:35	60.	Walt Eilers	48:42	101.	R. L. Custer	57:43
21.	Don Waddington	41:42	61.	Addo Stankisla	48:44	102.	Murray Chastain	58:01
22.	Bruce Springer	41:50	62.	Dirkvan Curan	49:03	103.	Doug Jovan	58:10
23.	Glen Keith	41:52	63.	John Legis	49:10	104.	Trudy Trumpy	58:17
24.	Dick Hillman	42:05	64.	Linda Colah	49:25	105.	Peter Horrigan	58:27
25.	Warren Cooper	42:12	65.	Marty Paul	49:35	106.	Rodney Beach	58:34
26.	Gif Munger	42:16	66.	Nail Donnelly	49:36	107.	John DeGreck	58:53
27.	Randy Fox	42:59	67.	Jack Paltell	49:38	108.	Dave Bartosevich	59:09
28.	Chuck Walsh	43:12	68.	Ed Beach	49:51	109.	Dorothy Quigg	59:21
29.	Joe Fornosa	43:20	69.	Liz Barclay	50:05	110.	Jeanne Townshend	59:54
30.	Dick Kittrell	43:29	70.	Tom Donlin	50:05	111.	Linda Simpson	60:40
31.	John Whitney	43:50	71.	Jack Jones	50:30	112.	Pat Bushnell	60:40
32.	Doug Burkhardt	43:57	72.	Doug Raper	50:37	113.	Sue Cosdem	61:25
33.	Tisha Whitney	44:03	73.	Earl Scott	50:50	114.	Chris Taylor	61:37
34.	Richard Jordan	44:21	74.	Susan Demz	51:17	115.	Susan Custer	62:08
35.	Craig Bauer	44:34	75.	Margaret Cochran	51:26	116.	Helaine Betnum	63:19
36.	Thomas McKee	44:41	76.	Willard Johnson	51:31	117.		63:57
37.	Ben Moore	45:04	77.	Rick Rohrbar	51:55	118.	Steven Watkins	64:13
38.	Curly Cochran	45:12	78.	Bobby Ward	52:03	119.	Shirley Tucker	64:32
39.	Fred Jacoby	45:37	79.	Linda Ward	52:21	120.	Lawrence Taylor	64:47
40.	Bill Miller	45:49	80.	Judy Tayler	53:04	121.	Gerte Spadone	65:49
			81.	Charles Cadell	53:25	122.	Daniel Spadone	65:50
						123.	Elaine Storey	68:40
						124.	Tylek Shores Jr.	70:19

## 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 ST, ANNAPOLIS, 21401. WHERE AN ENTRY FORM IS NOT AVAILABLE LOCALLY, SEND A STAMPED, SELF-ADDRESSED ENVELOPE TO THE RACE ADDRESS AS LISTED BELOW.

### JUNE

- 28 SAT 3RD ANNUAL RUN ACROSS THE STATE (13.3M), 6am, Tom Dedmon, 933 Devon Dr, Newark, DE 19711  
SCOTTISH FESTIVAL ROAD RACE, Rick Platt, 305 N. Boundary, Williamsburg, VA 23185 804-229-9740
- 29 SUN CLYDE'S AMERICAN 10K, 10am, Columbia (entries closed)  
WOMEN'S QUEEN BEE RUN (10K), 10am, behind Phil. Museum of Art, Box 1172, Havertown, PA 19083

### JULY

- 4 FRI 1980 FOURTH OF JULY FOUR (4M), 9am, Havre de Grace, RASAC, 1006 Whitaker Mill Rd, Joppa, MD 21085 877-7710  
INDEPENDENCE DAY FESTIVAL (15K, 7.5K, 2M), 5pm, DCRRC, 703-522-3277
- 5 SAT RUN THE GEORGE WASHINGTON BRIDGE (10K), 9am, SRRC, bx 294, Millwood, NY 10546 912-962-9040  
FUN RUN (3M, 1M, 1/2M), 9am, Gosnold's Hope Park, VA Bch, Pres Morell, 804-851-7337
- 6 SUN \* FIRST TRAINING RUN FOR ANNAPOLIS 10 MILER (4M, 6M), 8:30am, Annapolis Hi Sch  
HILLSIDE MASTER/SUB-MASTERS (5M), 9am, Falls Rd at N end of JFX, Balt RRC, Mike Hill 467-2242
- 8 TUE TWILIGHT SERIES 5K, 7:45pm, Westminster H.S., Phil Iddings, 625 Woodside Dr, Westminster, MD 21157 848-5961
- 10 THU LANGLEY 5M (+ 1M, 2M), 6:30pm, Langley H.S., DCRRC, 703-522-3277
- 11 FRI XC RUN (3M), 7pm, Smithsburg H.S., Larry Campbell, 301-733-9228
- 12 SAT SHADY WAKEFIELD 10K, Joe Bell, Rt 1, Bx 239, Wakefield, VA 23451
- 13 SUN 1980 GUNPOWDER NECK 10-MILER, 9am, Edgewood (Arsenal), see July 4th, RASAC  
2 MAN RELAY (10M), 9am, Towson St. Univ. track, Bob Ray, 254-6263
- 15 TUE PLEASANT VALLEY 4 M, see July 8th
- 16 WED 2ND ANNUAL INFLATION FIGHTER 7M RUN, 7pm, Wilmington, Doug White, 3503 Golfview Dr, Newark, DE 19702 302-737-3443  
4TH ANNUAL SUMMER 6-MILER (+ 2M), 7pm, #1 Boathouse Row, MARRC, Chris Tatreau, Memorial Hall, Philadelphia, PA 19131
- 19 SAT VA BEACH - CAPE HENRY 5K, Craig Allen, 871B N. Military Hwy, Norfolk, VA 23582  
4 PERSON 25M RELAY (2 1/2M, -5M, 7 1/2M, 10M legs, + 2M fun run), Braden Field, DCRRC, 703-522-3277
- 20 SUN \* SECOND TRAINING RUN FOR ANNAPOLIS 10 MILER (6M, 8M), 8:30am, Annapolis H.S.  
FUN RUN (6M, 12M), 9am, Loch Raven (lower) Dam, Dick Nair, 665-7340  
CHEMUNG CANAL ELMIRA-THON (5K, 10K, 20K), 9am, Chemung Canal Trust Co., Elmira, N.Y. 14902 607-737-3877



## JULY

- 22 TUE MILLDALE FARM XC, 7:30pm, see July 8th  
RESTON 5M (+ 2.2M), 7pm, Hunters Woods School, DCRRC, 703-522-3277
- 26 SAT \* WOMEN'S OLYMPIC DISTANCE FESTIVAL RUN (5M), 8:30am, U.S.N.A., Gert Spadone 841-6894  
GREAT WYOMING BUFFALO STAMPEDE (10K), 9am, Downstate Del. Striders, c/o Athletic Attic, 120 Loockerman St, Dover, DE 19901 734-1799
- 27 SUN GOUCHER 5K, 9am, BRRC, Mel Walton, 821-8337
- 29 TUE SOUTH CARROLL 10K, 7:15pm, see July 8th

## AUGUST

- 2 SAT 2ND ANNUAL CORRY BEAVER CLUB 10K, 9:30am, Mark Ladika, 228 W. Washington, Corry, PA 16407 814-664-2528  
AVON INTERNATIONAL MARATHON (women) [London, England], 9 W. 57th St, N.Y. 10019
- 3 SUN \* THIRD TRAINING RUN FOR ANNAPOLIS 10 MILER (8M, 10M), 8:30am, Annapolis H.S.  
HERNDON 10-MILER, 9am, Herndon Pks & Rec, P.O.Bx 427, Herndon, VA 22070 437-1000  
2ND ANNUAL JACK HORNER SHOES/ACTION SIDE (5M), 9am, Jack Horner Shoes, c/o Clay Shaw, York Co. Shop. Center, York, PA 17402 848-5832
- 9 SAT PAAVO NURMI MARATHON, 8am, Upson, Hurley Chamber of Commerce, 107 2nd Ave S., Hurley, Wisc 54534 715-561-4334
- 10 SUN NORTH CENTRAL HIKE/RUN (7M, or more!), 9am, Sparks Elem. Sch., BRRC, Mary Roemer, 821-6473
- 16 SAT \* ANNAPOLIS MALL 5K
- 17 SUN \* LAST TRAINING RUN FOR ANNAPOLIS 10 MILER (8M, 10M), 8:30am, Annapolis H.S.  
HORSE COUNTRY GALLOP (12.4M), 8am, Oregon Ridge, BRRC, Mel Walton, 821-8337
- 23 SAT STOCKHOLM MARATHON, P.O.BX 10023, S-100/55, Stockholm, Sweden
- 24 SUN \* 5TH ANNUAL ANNAPOLIS RUN (10M), 7:30am, entry from in this newsletter  
PERRIER FALMOUTH ROAD RACE (entries closed)
- 31 SAT LAYNE 1/2 MARATHON (non-snow edition), 8am, Lake Montebello, BRRC, Donn Layne, 235-2732

## SEPTEMBER

- 6 SAT BRIGHTON-TO-BROOKVILLE (7M, 2M), 9am, Montgomery Co. RRC, 14721 Peachwood Dr, Silver Spring, MD 20904 John Sissala, 424-3624  
AVON RUNNING HALF-MARATHON [women], NYRRC, P.O.Bx 881, FDR Sta, N.Y., N.Y. 10022
- 7 SUN MONTREAL MARATHON, P.O.Bx 1570, Sta B, Montreal, QUE H3B3L2 514-879-1027
- 13 SAT HISTORIC GETTYSBURG MARATHON (+ 3M), 8am, Gettysburg Chamber of Commerce, 22 York, Gettysburg, PA 17325 717-334-8151  
2ND ANNUAL CATOCTIN MOUNTAIN PARK RUN (10K), 11am, HRRFC, Bill Jackson, 118 Partridge Trail, Hagerstown 21740 739-8997 [TENTATIVE]  
BOTTLE & CORK 1/2 MARATHON (+ 10K), 9:30am, Dewey Bch, Tom Fort, Del. Sports Club, P.O.Box 226, Wilmington, DE 19899
- 21 SUN 3RD ANNUAL GREAT SUBWAY RACE (8M), 8:30am, Reisterstown Road Plaza, post-entry only -get there early-\$1  
PHILADELPHIA DISTANCE RUN ["a premier 1/2 marathon"], YMCA, 1421 Arch, Philadelphia, PA 19102  
SEVERN RIVER RUN (10M), 8:30am, Lt. J.W. Link, Physics Dept., USNA, Annapolis 21402 263-5137

## SEPTEMBER

- 27 SAT VIRGINIA 10-MILER, Lynchburg (entries closed)  
SUN RUN (10M, 2M), 9am, Ocean City, Les Kinion, P.O.Bx 11394A, Baltimore 21239 [Te  
28 SUN AMERICA'S MARATHON, 9:30am, 676 N. LaSalle, Chicago, ILL 60610 312-951-0660

## OCTOBER

- 4 SAT L'EGGS 10K [women] 2027 Chestnut, Philadelphia, PA 19103 215-564-3430  
5 SUN THIRD ANNUAL JOHN D. WORTHINGTON III HALF-MARATHON, Bel Air, see July 4th, RASAC  
"GREEN RUN" RUN (10K), Tidewater Striders, 881 Yearling Ct, VA Bch, VA 23464  
19 SUN 3RD ANNUAL DETROIT FREE PRESS INTERNATIONAL MARATHON (+ 10K on 10/18), P.O.Box 17  
Detroit, MI 48231  
26 SUN NEW YORK CITY MARATHON, 10:30am (entries closed)

## NOVEMBER

- 2 SUN 5TH ANNUAL MARINE CORPS MARATHON, 9am, Marine Barracks, 8th & I Sts, S.E., Washin  
ton, D.C. 20390  
9 SUN 7TH ANNUAL SATYR HILL (12M), Loch Raven, see July 4th, RASAC  
27 THU V-8 PHILADELPHIA TURKEY TROT, see July 16th, Tatreau

## DECEMBER

- 7 SUN 8TH ANNUAL MARYLAND MARATHON, 10:30am, MD Mar. Com'n, P.O.Bx 11394A, Baltimore,  
21239 882-5455  
8TH ANNUAL HONOLULU MARATHON, 6am, P.O.Bx 27244, Chinatown Sta, Honolulu, Hawaii  
96827  
28 SUN \* ANNAPOLIS STRIDERS 2ND ANNIVERSARY RUN (15K), P.O.Bx 187, Annapolis 21404 268-1

# APPLICATION FOR MEMBERSHIP

NAME _____		SEX _____	
LAST	FIRST	INITIAL	
ADDRESS _____		DATE OF BIRTH _____	
STREET	POST OFFICE	ZIP	
PHONE: _____			
OCCUPATION _____	HOME _____	WORK _____	SIGNATURE _____
Committee Preference: _____		DUES: Individual \$5	
Race/Run _____ Newsletter _____		Family \$9	
Property/Awards _____ Membership _____		[list complete info for each member]	
Publicity _____ Clinics/Training _____		Full Time Student \$3	
Other _____		[school: _____]	
		T-shirts (circle size) \$4	
		Male S M L XL	
		Female S M L XL	
		Child S M L	
		Tank Tops (circle size) S M L \$6	

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



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

ANNAPOLIS STRIDERS 1980 SUMMER RUNNING SCHEDULE

- Saturday, June 21      Direction Run 5 Miles and 1 Mile Fun Run  
8:30am                  Anne Arundel Community College  
No fee for members; 25¢ non-members  
Race Director: Eric Peltosalo
- Sunday, July 6              FIRST TRAINING RUN for Annapolis 10 Miler  
4 & 6 mile pace training runs; or choose your training  
distance. Time and water provided up to 12 miles,  
every mile marked. Annapolis Senior High School, Riva Road  
Race Director: Allen Stallings
- Sunday, July 20              SECOND TRAINING RUN for Annapolis 10 Miler  
8:30am                  6 & 8 mile paced training runs. Remainder of information  
is the same as the first training run.  
Race Director:
- Saturday, July 26              Women's Olympic Distance Festival Run  
5 Miles Open to all runners  
USNA Field House - Tentatively  
Race Director: Gerte Spadone
- Sunday, August 3              THIRD TRAINING RUN for Annapolis 10 Miler  
8:30am                  8 & 10 mile pace training runs. Time and water provided  
up to 18 miles. Remainder of information is the same  
as the first training run.  
Race Director: Steve Hull
- Saturday, August 16              Annapolis Mall Run 5K Details later.
- Sunday, August 17              LAST TRAINING RUN for Annapolis 10 Miler  
Information is the same as for August 3rd.  
Tentative pool party 1 1/2 hours later.  
Race Director: Dave Shoemaker
- SUNDAY, AUGUST 26              FIFTH ANNUAL ANNAPOLIS 10 MILE RUN  
7:30AM                  SEVERNA PARK HIGH SCHOOL

# ANNAPOLIS STRIDERS!

This is an invitation to take part in the Annapolis 10 Miler. We are planning on a field of 2000-2500 runners. You can be a runner, a volunteer or both. We need people who can:

- ☐ stuff envelopes with race materials
- ☐ help pass out race packets all day August 23 (Sat)
- ☐ help set up for the race on August 23
- ☐ clean up after the race
- ☐ put up out of town runners
- ☐ help prepare confirmation/rejection letters
- ☐ help at the finish line
- ☐ help as monitors along the course
- ☐ help runners parking, getting busses to start
- ☐ help deliver race posters and entry forms to area stores, Y's or health clubs (June/July)
- ☐ help with the course marking
- ☐ help pass out information about the race to residents along the course

To volunteer to help, call RANDY FOX 956-5978  
Randy will find a good spot for you. Remember,  
to put this race on we will need 500 volunteers.

Walt

Walt Eilers

Race Director

FLASH : AS OF JUNE 19TH, WE HAVE 1000+ ENTRANTS!



# 5th ANNUAL ANNAPOLIS RUN

Maryland's Premier 10 Mile Road Race

An Annapolis Striders Event

Sunday, August 24, 1980 — 7:30 a.m.

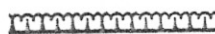
SPONSORED BY: **DANNON**  
**YOGURT**

PROCEEDS TO THE AMERICAN HEART ASSOCIATION  
FOR CARDIAC JOGGING PROGRAMS IN ANNE ARUNDEL CO.

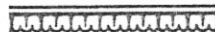


**PLACE:** Severna Park High School-Evergreen and Robinson Roads,  
Severna Park, Maryland

**DIRECTIONS:** From south or D.C. area: proceed to U.S. Rts. 50/301 inter-  
change, N. on MD Rt. 3 to Benfield Blvd., E. 4 miles; From Balt.  
area, S. on MD Rt. 2, W. on Robinson Rd., 3/4 mile to school.



A.A.U. Certified  
Course



**TIME:** Registration . . . . . 6:00 a.m. Refreshments . . . . . Finish  
Race Start . . . . . 7:30 a.m. Awards . . . . . 9:45 a.m.

**ENTRY:** \$5.00 FEE. LIMIT-2000 ENTRANTS OR AUG. 17th WHICHEVER  
FIRST OCCURS. NO REFUNDS. NO TEAMS. NO POST ENTRIES.  
NO UNOFFICIAL RUNNERS. ENTRANTS WILL RECEIVE MAIL  
CONFIRMATION.

Sanctioned By



**AWARDS:** All finishers-singlets. 10 Divisions-32 awards. Random mer-  
chandise awards. Commemorative pins first 200 runners.

**COURSE:** Scenic, gently rolling hills. Paved surfaces. Splits every mile.  
Plenty of aid. Finish in Navy Stadium in Annapolis.

**CLINIC:** Saturday evening, August 23rd. Carbohydrate buffet, films,  
displays, packet pick-up.

**RECORD:** 1978-DAN RINCON 50:25 1979-MARY WALSH 57:56  
1979 1575 entrants — 16 states.

Check payable to: 5th Annapolis Run  
Mail to: P.O. Box 187, Annapolis, Md. 21404

DIVISION 


 OFFICIAL  
USE ONLY

SEX ☐ M ☐ F PHONE

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AGE RACE DAY PREDICTED TIME  

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SHIRT SIZE

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 (if under 18)

Date

