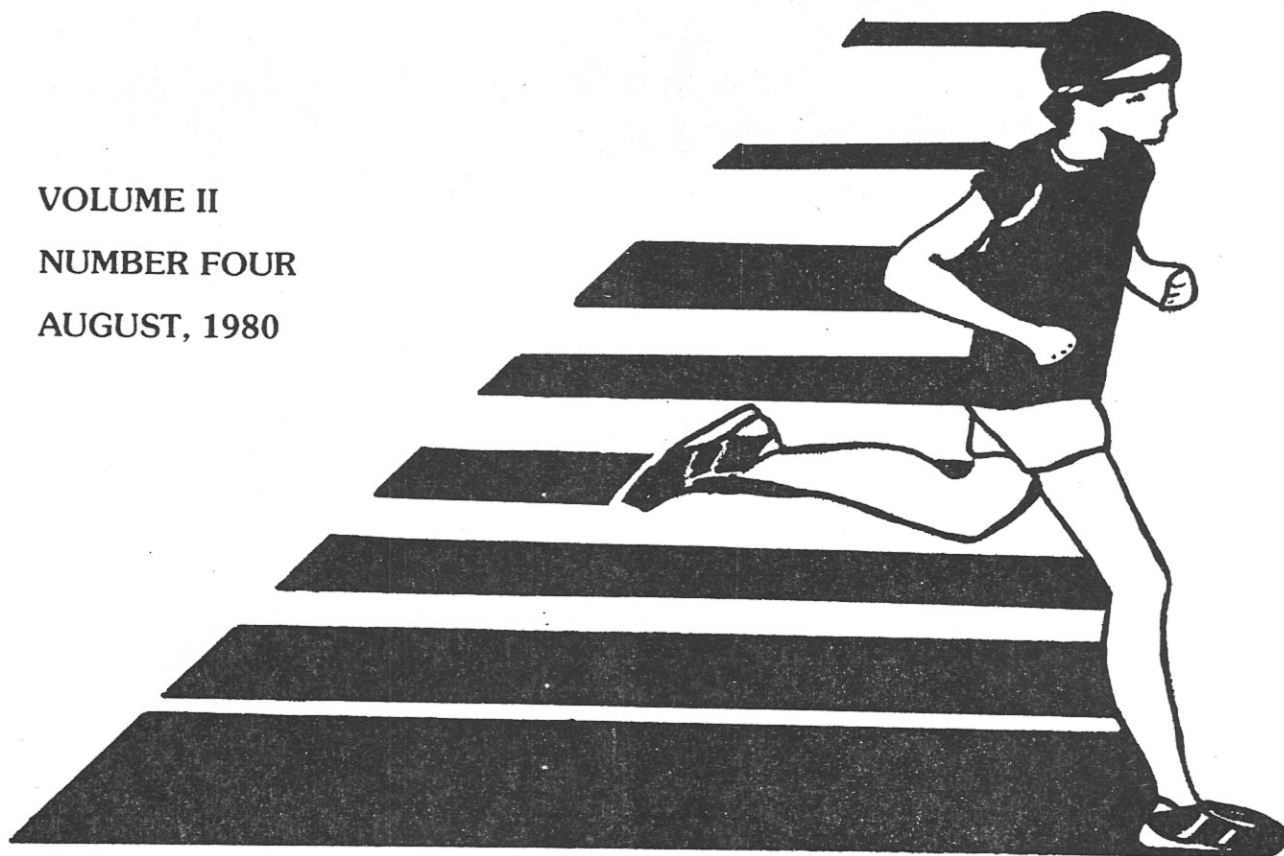


VOLUME II  
NUMBER FOUR  
AUGUST, 1980



# ANNAPOLIS STRIDERS

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ANNAPOLIS STRIDERS, INC.  
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Annapolis, Maryland 21404

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\*\*\*\* Although the 5TH ANNAPOLIS RUN has become a major regional event, peculiarly there is nothing in this issue about it! The reason is that there is just too much to say about it and the scene has been changing on a daily basis. Nonetheless, in the event you happen to receive this before the Race, here are two points:

1. Sunday's workers may run the course for time on Saturday at 6:30AM. Car pool from the Stadium at 6AM.
2. Volunteers are still needed for Race day. Call Randy Fox, 956-5978.

On the other hand, if you are reading this after the Race, you should be aware that planning for the 6TH ANNAPOLIS RUN (August 30, 1981) will begin immediately. If have any suggestions or wish to serve on the Race Committee, call me now.

\*\*\*\* Gert Spadone and her committee conducted an excellent Women's Distance Festival Run on July 26th. The 5K distance proved to be very popular with all levels in the club. This should become an annual event - or at least until the IOC announces it will have a women's 5K, 10K and marathon in Los Angeles in '84!

\*\*\*\* The Truston Park summer fun run series sponsored by City of Annapolis Recreation & Parks Department was very successful thanks to the direction and guidance of Al Cantello and Andy Butterfield. The Striders provided clinic speakers for each of these Wednesday events. If you participated, send Dick Callahan (of the City Rec. Dept.) a note telling him how much you enjoyed it and are looking forward to the '81 series.

\*\*\*\* The 3RD ANNUAL SEVERN RIVER RUN set for SUNDAY, SEPTEMBER 21st may be the LAST one due to the enforcement of a Navy regulation regarding sponsorship of Academy athletic teams and programs. You can help encourage continuation of the event by entering now. The Striders are helping by placing an entry form in each of the 2451 Annapolis Run race packets, by publishing one in this issue, and by forwarding one to each Annapolis Run "reject". In addition, Striders are needed to distribute the tee-shirts at the City Dock (the finish line). Call Jim Katcef to volunteer. (h) 224-2362 (w) 224-2391

\*\*\*\* Call the Striders Hot-Line for carpool information for area races. Events coming up which seem to be particularly popular with Striders are (9/6) Bottle & Cork 10M, (9/14) 3rd Great Subway Race RM, (9/21) Moving Comfort 10K, and (9/27) Virginia 10M. Note that the 2nd Annual Catoctin Run has been cancelled.

\*\*\*\* The Board of Directors wishes to clarify that the appearance of entry forms in the newsletter does not indicate a Strider endorsement of the event unless it is conducted by us. The forms are generally published for the convenience of club members who would wish to participate. As another example, the King George 15M form is a paid ad. By the same token, the Striders are not endorsing the new Nike magazine RUNNING. However, RUNNING will pay us \$3.00 for each subscription ordered on the form in this issue!

\*\*\*\* You will note on the race schedule that we have a sponsor for our 20K club championship on November 30th. T-shirts or one year subscriptions will be presented to 65 (!) participants in the RUNNING TIMES COLD TURKEY RUN.

\*\*\*\* Ben Moore's marathon training runs for women have been exceedingly popular. They will continue through the Fall at 7:00 A.M. Saturday and Sunday starting and finishing at Equitable Trust at the Annapolis Mall. Men may participate too as long as they don't interfere!

\*\*\*\* Watch for Training Chairman Eric Peltosalo's announcement of the seminar: "So You Want To Run a Marathon!". Also, Eric is close to being able to announce the details of the Striders' regular track work-out program.

\*\*\*\* Very few of you are taking the time to call in your racing results. Since June we've received only the following:

6/15	Columbia Birthday Half-Marathon:	Ray Harrison	83 Min, 40th overall, 4th Masters
		Ron Fisher	87 Min, 9th Masters
6/8	Antietam Battlefield 10K	Ron Fisher	39:11, 81 of 730
6/29	Clyde's American 10K	Ray Harrison	38:09, 1st in 45-49 category
		Judy Taylor	56:36
		Julie Taylor	78 min (9 years old)

\*\*\*\* The Secretary and Treasurer purged our membership rolls last week of all members whose dues were due January 1st through June 30th who had not paid. After two billings, we could only assume that these people no longer wished to be Striders. Nonetheless, the list included a number of Founding Members and other formally active members. If you see a Strider, ask him if he got this newsletter. If he didn't, tell him its because he's been dropped from the rolls and he should re-join immediately.

\*\*\*\* Remember, Striders who display a current membership card are entitled to a 10% discount on the list price of shoes purchased from:

#### ATHLETE'S CHOICE

120 Dock Street

Severna Park Mall

Columbia Mall

#### ATHLETE'S FOOT

47 West Street

(coming soon: downtown Baltimore)

At the beginning of the month, we communicated with all sporting goods stores and athletic clubs in the area but the ones above were the only ones who responded with a an offer for our members. If you deal with another store or belong to a racquet club, check out discounts or special offers for Striders and have them send a letter to our post office box confirming the offer. Tell them we have nearly 700 individual members!

\*\*\*\* Our mailing list has reached such proportions that even our modest June newsletter cost \$80 to mimeograph on private equipment. SAN CHASTAIN of BEST IMPRESSIONS on Randall Street made us an offer we couldn't refuse to photo offset print the newsletter. We are experimenting with this for a few issues. Please let us have your comments. In the meantime, thank Strider San Chastain for her consideration by letting her do your own personal printing work.

\*\*\*\* Let us hear from you. We're only as far away as your phone, 24-hours a day. This is your club and we are all volunteers. We need you to work as well as run in the events. Many events are scheduled for the Fall which do not have full race committees. Please volunteer now. Also, remember that the Board of Directors meetings are open to the club membership. They are held the second Monday of the month, 7:30 PM, 4th Floor, Arundel Center, Calvert Street.

Enjoy that Fall weather,

*Dick Hillman*

# The Annapolis Striders

## OFFICERS

		[home]	[work]
PRESIDENT	DICK HILLMAN	269-0253	224-1316
VICE-PRESIDENT	MIKE VAN BEUREN	263-8125	263-8125
SECRETARY	MARGIT EILERS	267-6284	269-2801
TREASURER	JAYNE ASTLE	263-3053	544-0900

## CHAIRMAN

RACE/RUNS	DON WADDINGTON	798-4177	202-692-7430
PUBLIC RELATIONS	JOHN KOKISH	647-6428	224-1536
NEWSLETTER	BOB BOHAN	266-6753	202-833-2450
MEMBERSHIP	MIKE LONG	263-3028	269-3351
PROPERTY/AWARDS	ROB BUSHNELL	263-6241	269-3656
TRAINING/CLINICS	ERIC PELTOSALO	267-0374	263-8330
ANNAPOLIS RUN	WALT EILERS	267-6284	224-3330

# 268-1165

THIS IS THE 24-HOUR PHONE NUMBER OF THE ANNAPOLIS STRIDERS.

USE IT FOR THE FOLLOWING :

- A. TO OBTAIN INFORMATION ABOUT UPCOMING EVENTS, RACES AND FUN RUNS.
- B. TO RECORD YOUR TIME FROM A RACE IN WHICH YOU PARTICIPATED FOR LISTING IN THE NEWSLETTER.
- C. TO MAKE A SUGGESTION OR TO REGISTER A COMPLAINT.
- D. TO VOLUNTEER YOUR SERVICES.
- E. TO OBTAIN FACTS ABOUT THE ORGANIZATION FOR NEW MEMBERS.
- F. TO RECEIVE RUNNING TIPS.
- G. TO MAKE OBSCENE, BUT ALWAYS RUNNING-RELATED, CALLS.

## APPLICATION FOR MEMBERSHIP

NAME \_\_\_\_\_

LAST FIRST INITIAL SEX

ADDRESS \_\_\_\_\_

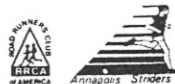
STREET POST OFFICE ZIP DATE OF BIRTH

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  
 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



Annapolis Striders Club Championship Series Standings  
5K Women's Distance Festival 7/26/80

WOMEN					MEN				
		Points		Minus			Points		Minus
		10K**		High			10K**		High
14 & Under		10K	5K	Score Total	14 & Under		10K	5K	Score Total
Stacey Murdock	1	35	35	1	Mike Manasseri	1	2	2	1
Penny Beach	35	1	35	1	Tom Walters	35	1	35	1
Jennifer Manasseri	35	2	35	2	Bobby Ward	2	35	35	2
Lee Manasseri	35	3	35	3	Branin Thorn	3	3	3	3
Melissa Munger	35	4	35	4	Chris Taylor	4	35	35	4
Emily Rohrback	35	5	35	5	Mark Manasseri	35	4	35	4
					Bradley Segree	35	5	35	5
					Jay Astle	35	6	35	6
15 to 19					15 to 19				
Linda Ward	1	35	35	1	Andy Butterfield	1	1	1	1
20 to 29					Ed Beach	2	2	2	2
Liz Barclay	1	1	1	1	20 to 29				
Susan Denz	2	35	35	2	Mike Van Beuren	1	1	1	1
Barbara Watkins	35	2	35	2	Steve Hull	2	2	2	2
Sally Trapp	35	3	35	3	Tom Fish	3	4	4	3
Trudy Trumpy	3	5	5	3	Dwain Thomas	35	3	35	3
Cathie Hall	35	4	35	4	Demetrios Fotos	4	7	7	4
Shirley Tucker	4	35	35	4	Gary Miller	35	5	35	5
Ruth Bernstein	35	6	35	6	Nick Lakis	5	6	6	5
Jane Schriver	35	7	35	7	Ed Polk	6	8	8	6
30 to 39					Glen Keith	7	35	35	7
Karen Clayton	35	1	35	1	Warren Cooper	8	11	11	8
Danalee Green	1	2	2	1	Mark Kohring	35	9	35	9
Andrea Nelson	2	3	3	2	Jack Paltell	9	13	13	9
Linda Colsh	3	4	4	3	Michael Keith	35	10	35	10
Judy Taylor	4	35	35	4	Tom Donlin -	10	14	35	10
Chris Hall	35	5	35	5	Gene Morgan	11	35	35	11
Debbie Fox	5	35	35	5	Bruce Harvey	35	12	35	12
Betty Impellizzeri	35	6	35	6	Dave Ryan	12	17	17	12
Patricia Pasley	6	35	35	6	Eric Beavers	35	15	35	15
Linda Simpson	9	7	9	7	Steve Klakring	35	16	35	16
Monica Thomas	7	11	11	7	30 to 34				
Louise Zeitlin	35	8	35	8	Eric Peltosalo	1	35	35	1
Barbara Barnett	8	10	10	8	James McNatt	35	1	35	1
Laura Norton	35	9	35	9	Beard Topper	2	3	3	2
Pat Bushnell	10	35	35	10	Joe Smaldone	3	2	3	2
Helaine Betnum	11	13	13	11	Jeff Schriver	4	4	4	4
Lisa Hillman	35	12	35	12	Nate Betnum	5	6	6	5
Elaine Storey	12	17	17	12	Robert Pastrana	35	5	35	5
Theresa Davis	35	14	35	14	Randy Fox	6	35	35	6
Cathy Bridges	35	15	35	15	Craig Bauer	7	35	35	7
Margit Eilers	35	16	35	16	Peter Nelson	8	7	8	7
Kathy Munger	35	18	35	18	Doug Early	35	8	35	8
Victoria Riley	35	19	35	19	John Gudas	9	35	35	9
Donna Manasseri	35	20	35	20	Larry Sullivan	35	9	35	9
40 to 49					Kevin Moore	35	10	35	10
Priscella Butterfield	1	1	1	1	Junas Legum	10	12	12	10
Jayne Astle	2	5	5	2	Dave Bartosevich	14	11	14	11
San Chastain	3	2	3	2	Robert Frierson	11	14	14	11
Nancy Waddington	6	3	6	3	Doug Jovan	12	16	16	12
Ann Walter	4	4	4	4	Joe Roth	35	13	35	13
Carol Jones	5	6	6	5	John DeGreck	13	15	15	13
Dot Quigg	7	7	7	7					
Puddie Littlehales	35	8	35	8					
JoAnn Rohrback	35	9	35	9					
50 & Over									
Margaret Cochran	1	1	1	1					
Betty Moore	2	2	2	2					
Gerte Spadone	3	3	3	3					
Josephine Thoms	35	4	35	4					

Annapolis Striders Club Championship Series Standings  
5K Women's Distance Festival 7/26/80

MEN	Points 10K**	5K	Mimus High Score	Total
<u>35 to 39</u>				
Rob Bushnell	1	1	1	1
Don Rosenshine	2	3	3	2
T. D. Johnson	3	2	3	2
Dick Hillman	4	7	7	4
Gif Munger	5	4	5	4
Mike Chamberlain	35	5	35	5
Chuck Walsh	6	6	6	6
Dick Kitzell	7	35	35	7
Fred Jacoby	8	9	9	8
Martin Snider	13	8	13	8
Bill Miller	9	35	35	9
Gill Cochran	10	10	10	10
Carl Schneider	11	35	35	11
Marty Rosenberg	14	11	14	11
Dick Manasserri	12	15	15	12
Jim Storey	15	12	15	12
Marty Paul	17	13	17	13
Neil Donnelly	18	14	18	14
John Astle	35	16	35	16
Walt Eilers	16	35	35	16
Rick Rohrbach	19	35	35	19
Peter Horrigan	20	35	35	20
Lawrence Taylor	21	35	35	21

<u>40 to 44</u>				
Orvid Pratt	1	35	35	1
Jim Black	35	1	35	1
Garland Green	2	35	35	2
Ken Thorn	35	2	35	2
Doug Burkhardt	3	35	35	3
Al Segree	4	3	4	3
John Logis	5	4	5	4
Mike Long	35	5	35	5
Jim Sandison	6	7	7	6
Tyler Shores Jr.	7	35	35	7

<u>45 to 49</u>				
Ray Harrison	1	1	1	1
Don Waddington	2	2	2	2
Dale Vogel	3	3	3	3
Jack Jones	4	7	7	4
Ed Finnegan	35	4	35	4
Gene Humphrey	35	5	35	5
Charles Cadell	5	9	9	5
Al Stallings	35	6	35	6
Jim Brannan	6	8	8	6

<u>50 &amp; Over</u>				
Ben Moore	1	1	1	1
John Cochran	2	2	2	2
Dan Spadone	8	3	8	3
Torben Hansen	3	35	35	3
Rodney Beach	7	4	7	4
Bill Law	4	35	35	4
Murray Chastain	6	5	6	5
Doug Raper	5	35	35	5
Paul Yates	35	6	35	6

\*\* Changes from first listing due to purging  
of non-members.

Women's Distance Festival  
3.1 Miles USNA 7/26/80

Race Winners

WOMEN

14 and Under

Penny Beach 31:45

15 to 19

Maureen Leahy 23:27

20 to 29

Liz Barclay 23:12  
Julie Wilson 23:53

30 to 39

Karen Clayton 21:50  
Danalee Green 21:53

40 to 49

Ann Walter 26:25  
Evelyn Eames 26:35

50 & Over

Lorraine Armiger 30:05  
Josephine Thoms 37:05

MEN

14 and Under

Mike Manasserri 22:04

15 to 19

Will Dirks 17:18

20 to 29

Mike Van Beuren 16:06  
Steve Hull 16:41

30 to 39

Mike Sheedy 17:19  
James McNatt 17:25

40 to 49

Ray Harrison 17:32  
James Black 17:47

50 & Over

Ben Moore 20:57  
John Cochran 21:19

Last Place Finishers Emily (7) and JoAnn Rohrbach 48:00

( Gerte Spadone Race Director )

Annapolis Striders Race Results: Women's Distance Festival 5k 7/26/80

1.	Mike Van Beuren	16:06	81.	Al Stallings	23:59
2.	Steve Hull	16:41	82.	Ed Beach	24:11
3.	Dwain Thomas	17:04	83.	Brad Segree	24:12
4.	Tom Fish	17:13	84.	Jack Jones	24:14
5.	Will Dirks	17:18	85.	Ding Drannan	24:18
6.	Mike Sheedy	17:19	86.	Judy Holler	24:24
7.	James McNatt	17:25	87.	Jonas Legum	24:27
8.	Gary Miller	17:28	88.	Chris Hall	24:29
9.	Andrew Butterfield	17:30	89.	Joe Roth	24:42
10.	Ray Harrison	17:32	90.	Ron Naditch	24:45
11.	Nick Lakis	17:36	91.	Charles Cadell	24:49
12.	James Black	17:47	92.	Robert Frierson	24:55
13.	Joe Smaldone	18:06	93.	San Chastain	24:59
14.	Demetrios Fotos	18:11	94.	John deGreck	25:00
15.	Bernard Topper	18:17	95.	Margaret Cochran	25:02
16.	Edwin Polk	18:30	96.	Betty Impellizzeri	25:08
17.	Rob Bushnell	18:47	97.	Mike Ross	25:10
18.	T. D. Johnson	18:48	98.	Barbara Watkins	25:18
19.	Ricky Rice	18:49	99.	Steven Klakring	25:20
20.	Jeff Schriver	18:51	100.	Nancy Waddington	25:21
21.	Tom Miller	18:52	101.	Dave Ryan	25:22
22.	Mark Kohring	18:58	102.	Sally Trapp	25:25
23.	Jack Dozier	18:59	103.	Marie Kettish	25:51
24.	Don Rosenshine	19:00	104.		25:52
25.	Michael Keith	19:01	105.	Jim Sandison	25:55
26.	Gif Munger	19:05	106.	Doug Jovan	25:58
27.	Mike Chamberlain	19:16	107.	Lynda Simpson	25:59
28.	Warren Cooper	19:33	108.	Betty Moore	26:09
29.	Tim Dahle	19:36	109.	Louise Zeitlin	26:09
30.	Don Waddington	19:39	110.	Cathie Hall	26:16
31.	Chuck Walsh	19:40	111.	Dan Spadone	26:18
32.	Robert Pastrana	19:42	112.	Ann Walter	26:25
33.	Nate Betnum	20:12	113.	Susan Patton	26:28
34.	Peter Nelson	20:15	114.	Karl Schroeder	26:34
35.	Richard Hillman	20:23	115.	Evelyn Eames	26:35
36.	Bruce Harvey	20:52	116.	Jayne Astle	26:41
37.	Ben Moore	20:57	117.	Carol Jones	26:46
38.	Joe Formoso	21:05	118.	Rodney Beach	26:48
39.	Phillip Walter	21:06	119.	Kathy Mizell	26:52
40.	John Cochran	21:19	120.	Curtis Anderson	26:59
41.	Martin Snider	21:21	121.	Murray Chastain	27:01
42.	Fred Jacoby	21:26	122.	Laura Norton	27:02
43.	Doug Early	21:31	123.	Trudy Trumpy	27:02
44.	Gill Cochran	21:37	124.	Dot Quigg	27:13
45.	Larry Sullivan	21:39	125.	Puddie Littlehales	27:18
46.	Jack Pattell	21:40	126.	Patricia O'Neill	27:35
47.	Tom Kalnoske	21:41	127.	Barbara Barnett	27:52
48.	Dale Vogel	21:42	128.	Sue Michalski	28:46
49.	Wayne Reno	21:43	129.	Clayton Beardmore	28:47
50.	Marty Rosenberg	21:45	130.	Phyllis Beardmore	28:52
51.	Karen Clayton	21:50	131.	Paul Yates	29:28
52.	Tom Walters	21:51	132.	Monica Thomas	29:39
53.	Kevin Moore	21:52	133.	Lisa Hillman	29:42
54.	Danalee Green	21:53	134.	Helaine Betnum	29:45
55.	Mike Manasserri	22:04	135.	Lorraine Armiger	30:05
56.	Andrea Nelson	22:08	136.	Sarina Lynham	30:15
57.	Ken Thorn	22:18	137.	Theresa Davis	30:16
58.	Ed Finnegan	22:21	138.	Gerte Spadone	30:46
59.	Ed Cohen	22:25	139.	Cathy Bridges	30:51
60.	Al Segree	22:26	140.	Margit Eilers	31:43
61.	Clyde Villemez	22:27	141.	Parry Beach	31:45
62.	Brian Thorn	22:36	142.	Elaine Storey	31:48
63.	John Logis	22:36	143.	Ruth Bernstein	32:42
64.	Priscella Butterfield	22:40	144.	Pat McCormick	32:56
65.	Jim Storey	22:49	145.	Kathy Munger	33:45
66.	Marty Paul	22:54	146.	Stephen Perrine	34:18
67.	Neil Donnelly	23:02	147.	Mary Zweighafy	34:42
68.	Tom Donlin	23:08	148.	Susan Rudd	34:42
69.	Liz Barclay	23:12	149.	Vicki Riley	34:49
70.	William Trepp	23:24	150.	Josephine Thoms	37:05
71.	Maureen Leahy	23:27	151.	Jane Schriver	38:24
72.	Mike Long	23:28	152.	Jenny Manasserri	42:10
73.	Gene Humphery	23:29	153.	Donna Manasserri	42:10
74.	John Grant	23:39	154.	Melaine Collins	42:53
75.	Linda Colsh	23:40	155.	Lee Manasserri	43:19
76.	Mark Manasserri	23:47	156.	Melissa Munger	43:21
77.	Dick Manasserri	23:47	157.	Jay Astle	45:18
78.	Dave Bartosevicit	23:52	158.	John Astle	45:18
79.	Julie Wilson	23:53	159.	Emily Rohrbach	48:00
80.	Eric Beavers	23:54	160.	Joann Rohrbach	48:00

\*1st women

### OVERUSE SYNDROMES AND INJURIES IN RUNNING

The term "overuse syndrome" refers to a collection of injuries, very common to long distance runners, which are the result of recurrent stress on a muscle, tendon, fascia, or ligament. Tendonitis, fasciitis, and chronic strains all fall into this category. Common examples are Achilles tendonitis (heel cord inflammation), plantar fasciitis (pain on the bottom of the foot between the heel and the ball, and frequently associated with heel spurs), and shin splints (pain along the inside of the shin).

The injury mechanism is one of recurrent stress on a muscle, tendon, or fascia causing microscopic tears in that tissue. Continued daily stress does not allow the initial damage to heal, and more microscopic tearing occurs. The body responds with an attempt to form scar tissue and with an inflammatory response. This makes the area tender to touch and mildly swollen. Usually the problem becomes painful enough to prevent further exercise, but occasionally the process continues until the tissue ruptures (i.e. such as an achilles rupture).

The treatment should really be aimed at eliminating the stress that is causing the problem. It may be caused by worn out or improperly fitted running shoes, running excessively on very hard surfaces (especially cement), running on only one side of the road, too many hills, etc. Initially, a brief period of rest (until the pain subsides) is usually necessary. Local ice can provide some relief if you have acute pain or tenderness after you run. Anti-inflammatory drugs will greatly aid in eliminating much of the pain if the condition is still fairly mild. Aspirin is still one of the best and safest of the anti-inflammatory medications and is just about as good as anything you can get with a prescription. It's also the cheapest. The ultimate in anti-inflammatory treatment is the cortisone or steroid injection. This will provide relief but has the unfortunate side effect of weakening the tissue and inhibiting healing.

Certain specific problems can sometimes respond to some simple, selective treatment. Shin splints are tears in the tibial insertion of the small muscle that helps support the arch of the foot. They frequently improve by placing a good arch support in both your running and street shoes (Some shoes already come with excellent arches and if you are prone to shin splints you should be looking for this feature). Avoiding hard surfaces and hard downhill running is also important in preventing further injury. Achilles tendonitis frequently improves with some heel elevation (heel cup or pad) and the elimination of steep uphill running. Plantar fasciitis usually responds to a well fitting shoe with a good arch support, and to running on soft surfaces.

Prevention of these syndromes is really the best treatment. The following are some of the recommendations that I frequently make to runners who seem plagued by chronic overuse pain:

- (1) Never run the same course two days in a row. A variety of courses provides a variety of stresses well spaced in time. Besides, it makes the running more interesting.
- (2) Alternate heavy training days with light training days. Instead of running, say, 7 miles a day, run 10 miles one day and 3 the next. The rationale for this is that it takes 48 hours for muscles and tendons to heal following a hard exercise session. By alternating heavy and light training days, you give yourself that 48 hrs. to recover.
- (3) Stretching is extremely important in preventing overuse syndromes. Exercise tends to make muscles and tendons strong, short, and tight. This loss of flexibility leads to a change in running stride and some muscle imbalance, and hence added stress to the point of contributing to an overuse syndrome. The important muscles to stretch are the calf, hamstrings, and the back.
- (4) Run down hills easily. The foot and leg must absorb maximum stress when running downhill (falling with gravity and landing with the knee locked). Running down an incline with speed accentuates this force without making you a stronger runner, so it should be avoided in training.
- (5) Some people find it useful to get two different brands of running shoes and wear them on alternate days. That way one brand of shoe won't place constant daily stress on one particular spot. If you have one brand of shoe that gives you no problems, stick with them. Switching brands or alternating brands may then only cause trouble. A lot of runners found this out when they switched to the Brooks Vantage with its "varus wedge" just because it was the #1 rated shoe. They have found that if your feet don't need the wedge, it will give you a lot of problems. The "varus wedge" was really designed to help those runners whose ankles roll inward (pronate) when they run. If your ankle is normal or rolls outward, the Brooks' shoes that contain the wedge push your ankles and feet into an abnormal position.
- (6) If you start to get symptoms of an overuse syndrome, switch to running on soft, flat surfaces (grass, new USNA track). Take 2 or 3 Aspirin  $\frac{1}{4}$  hr. before you run. If the pain is relieved by Aspirin or goes away while running, it is probably safe to continue running.
- (7) If none of these work, you probably need medical consultation and possibly orthotics. Orthotics are custom made shoe inserts that are designed to properly distribute the forces applied to your foot by running.

## SPECIAL OFFER CLUB MEMBERS ONLY

# Running

### SAVE MONEY WHILE YOUR CLUB EARNS IT

Subscribe to *RUNNING* today at the regular rates and we'll give your running club \$2.00 back for every year you subscribe.

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Name \_\_\_\_\_

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Track Club: ANNAPOLIS STRIDERS

MAIL TO: Gary Fleshman  
Circulation Manager  
Running Magazine  
66 Club Rd., Suite 210  
Eugene, Oregon 97401

BEN MOORE HAS A MARATHON TRAINING GROUP (WOMEN) BUT WELCOME MEETING AT MONTGOMERY WARDS AT 7:00 A.M. ON SATURDAY AND SUNDAY FOR LONG SLOW DISTANCE RUNS.

ON SATURDAY INFORMAL MEN'S GROUP MEET AT SAME LOCATION RUN FASTER & LONGER DISTANCES THAN THE WOMEN'S.  
NANCY WADDINGTON

# KING GEORGE 2nd ANNUAL

A GREAT TUNE UP FOR THE AUTUMN MARATHONS!

## 15 MILE ROAD RACE

OCTOBER 5, 1980

9:00 a.m.

CHECK IN: KING GEORGE HIGH SCHOOL  
Sunday Oct 5 - 7:30-8:30 a.m.

RACE START: OCT 5 - 9:00 a.m.

ENTRY FEE: \$6.00 (15 Miles)

SHOWER FACILITIES AVAILABLE AT  
START/STOP LINE

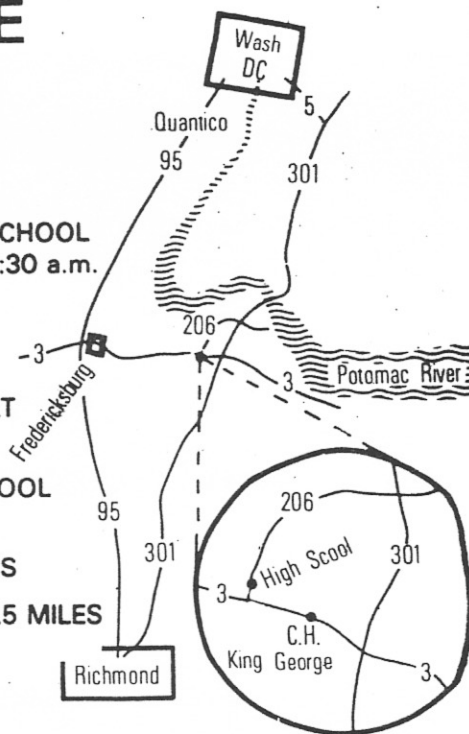
AWARD CEREMONY AT HIGH SCHOOL  
AFTER RACE

SPLIT TIMES: 1, 3, 5, 10, 14 MILES

WATER STOPS: 3, 6, 8.5, 10.5, 12.5 MILES

T SHIRTS  
GUARANTEED

FUN RUN REGISTRATION: 9:05 a.m. FREE



DETACH HERE

ENTRY  
FEE  
\$6.00

PAYABLE TO:  
VIRGINIA  
SPECIAL OLYMPICS  
AREA 11

MAIL TO:  
KING GEORGE 15 MILER  
c/o RICH LOREY  
P.O. BOX 396  
DAHLGREN, VA 22448

For and in consideration of the acceptance of this entry to the King George 15 Miler, I waive all claims for myself, my heirs, and assigns against all King George 15 Miler sponsors or promoters for injury or illness which may result from my participation in the event. I further state that I am in good health and in proper physical condition to compete in this race.

PLEASE PRINT

LAST NAME

FIRST

INITIAL

STREET ADDRESS

CITY

STATE

ZIP

AGE ON RACE DAY 10/5/80

SEX

T SHIRT SIZE

BIRTH DATE

SIGNATURE OF RUNNER

DATE

SIGNATURE OF PARENT (IF RUNNER UNDER 18)

DATE

# SEVERN RIVER RUN

Date: Sunday, September 21, 1980

Place: United States Naval Academy cross country course.

Time: 8:00 a.m.

Entry Fee: \$4.00 if mailed before Friday, September 12, 1980. . . post-entry fee day of race, before 7:30 a.m. . . \$5.00. Send entry to: Lt. M. W. Kohring, Office of CMDTMIDN USNA, Annapolis, Maryland 21402. Make checks payable to: Severn River Run.

10  
MILES  
ASPHALT

Registration: Pre-registrants may pick up runners packets on Saturday evening at USNA. Rickover Hall and before 7:30 a.m. day of race at starting line.

Runners Evening: Runner's Night to be held at U. S. Naval Academy Room 102, Rickover Hall 7:00 p.m. September 20, 1980.

Transportation provided back to starting line at finish of race.

• T-shirts to all participants

Entry Form



Return entry form with remittance to:

Lt. M. W. Kohring, USN, Race Director Office of Commandant, USNA, Annapolis, Md. 21402

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge the United States Naval Academy, the City of Annapolis, the USNA Distance Running Club, Anheuser-Busch Natural Light, their employees and officials for all claims and damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event.

I attest and verify that, I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature

(Parent's signature required if under 18 years of age)

Name

Age

Sex: M F

Address

T-shirt size: XL L M S (circle one)

City

State

Zip

Best 10 mile time





# National Jogging Association

2420 K Street, N.W. • Washington, D.C. 20037 • 202/965-3430

GAYLE BARRON, STEVE SUBOTNICK TO CO-CHAIR BROOKS

NJA NATIONAL JOGGING DAY

Gayle Barron, women's winner of the '78 Boston Marathon and author of The Beauty of Running, and Steven I. Subotnick, D.P.M., president-elect of the American Academy of Podiatric Sports Medicine and author of Cures for Common Running Injuries, have been appointed honorary co-chairpersons for the 1980 National Jogging Day.

National Jogging Day, a national celebration of fitness and the fun of exercise, occurs this on SATURDAY, OCTOBER 11th. Sponsored annually by the National Jogging Association, this tenth annual NJDay is co-sponsored by BROOKS SHOES and is expected to attract close to a million participants across the country.

According to Barron and Subotnick, nationwide events will emphasize personal health through safe, enjoyable exercise. NJDay activities stress participation and will include races, fun runs, picnics, sportsmedicine seminars and clinics, fitness fairs, and more. "The aim," Subotnick added, "is to get people attuned to the need for and the benefits of regular exercise. Participation in some daily activity - whether it's jogging, walking or swimming - is the best kind of health insurance you can have. That means a great deal, both individually and nationally."

Resolutions authorizing President Carter to proclaim October 11, 1980, as "National Jogging Day" have been introduced in Congress by Senator Strom Thurmond (R-S.C.) and Representative Beverly Byron (D-Md.). Jogging Governor James B. Hunt of North Carolina has contacted all 49 other governors asking them for state "Jogging Day" proclamations.

In the nation's capital, NJDay events include the BROOKS/NJA 10-Miler and 2-Mile Fun Run, Scheduled for October 11th at 8AM. Kicking off the Saturday race and fun run will be a runners' seminar on Friday evening from 7 to 9PM. Held at The American University, the seminar will feature Barron, Subotnick, and well-known runners Steve Floto, Nina Kuscsik, and Marty Liquori.

NJDay is held in cooperation with the President's Council on Physical Fitness & Sports, the American Podiatry Assn, and the American Academy of Podiatric Sports Medicine.



THE



# ANNE ARUNDEL GENERAL HOSPITAL

## HEALTHSCOPE

Do you have medical questions about running or jogging? What does physical fitness mean for you and your age group? What about the cost of health care, and why is it rising? What can you do about that aching back? How will new technology help keep you healthier longer?

HEALTHSCOPE offers answers to these questions and others covering the "scope" of health care. HEALTHSCOPE is a series of five health seminars presented free to the public by Anne Arundel General Hospital to bring the community current, accurate medical information. Each seminar will be held in the hospital's Chesapeake Room adjacent to the cafeteria on the ground floor. The seminars will include a panel of medical professionals - physicians, nurses, and hospital staff members - and allow time for questions from the audience.

The first seminar is Wednesday, October 1, 1980, at 8:00 p.m.

### "RUNNING, JOGGING, AND SITTING AROUND"

We've thrown our 'heart and sole' into this one to help you become physically fit!

Moderator: Martin J. Rosenberg, Ophthalmologist and long distance runner

Panelists: Jay S. Cox, Medical Corps, USN, Chief, Orthopedic Surgery and Sports Medicine, Team Physician - USNA Athletics  
Allen C. Egloff, Associate Chief, Orthopedic Surgery, Anne Arundel General Hospital  
James W. Ross, Cardiologist  
Susan M. Horney, Registered Dietitian, Assistant Food Services Director, Clinical Services, Anne Arundel General Hospital

### HEALTHSCOPE horizon:

December	HOSPITALS Where do all the dollars go?
February	MY ACHING BACK An expert advises how to live with your back
April	HERE'S LOOKING AT YOU Medicine shows off its diagnostic machines
June	HOW TO MAKE IT BETTER Caring for the feminine you

For further information about HEALTHSCOPE, call Anne Arundel General Hospital, Public Relations, 267-1348.

# # # # #

# WHAT'S WHERE ?

NOTE: ENTRY FORMS FOR MANY OF THESE EVENTS  
TOGETHER WITH OTHER PERTINENT RUNNING INFOR-

MATION 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  
LISTED BELOW.

## AUGUST

- 21 THU Boardwalk Midnight Couples Run (5K), Tidewater Striders, 801 Yearling Ct, Virginia Beach, VA 23464
- 23 SAT BRRC Biathalon (3M run, 400 swim), Bailey St. Clair, 252-5903 (see 9/7)  
MARRC Development Series (up to 5M), 10AM, Fairmont Pk, Phil., 248-4945 649-2420
- 24 SUN FIFTH ANNAPOLIS RUN [ENTRIES CLOSED]
- 30 SAT VA BA 5K, 9:30AM, Tidewater Striders, 133 Orleans Cir. #3, Norfolk, VA 23505 (804) 622-6737  
Charleston Distance Run (15M), Tony Gallo, P. O. Bx 2749, Charleston, WV 25330
- 31 SUN Layne 1/2 Marathon (non-snow edition), 8AM, Lake Montebello, Donn Layne, 235-2732 (see 9/7 BRRC)  
Greenbelt Festival (15K, 3K), 6:15PM, Braden Field (see 9/6 DCRRC)  
Maryland State Fair 10K, 7:30AM, P O Bx 188, Timonium, MD 21093 252-0200

## SEPTEMBER

- 1 MON Park & Shop Race (10K), 10AM, Ed Schrier, Bx 1402 College Station, Fredericksburg, VA 22401 (703) 373-7105  
3rd Annual New Haven 20K Roadrace, 9AM, P O Bx 1893, New Haven, CN 06508
- 6 SAT BOTTLE & CORK 10M RUN & PICNIC (+ 2M), 9:30am, Dewey Beach, B. Chambers, 1804 Delaware Av, Wilmington, DE 19806  
Brighton-to-Brookville (7M, 2M), 9AM, Mont. Co. RRC, 14721 Peachwood Dr, Silver Spring, MD 20904 John Sissala, 424-3624  
Avon Running 1/2 Marathon (women) (see 11/22 NYRRC)  
Anacostia River Run (7M, 1M, clinic), 7:30AM, Anacostia Park Pavilion, D.C. Road Runners Club [DCRRC], 5800 Quantrell Av, #607, Alexandria, VA 22312 (703) 522-DCRR 550-7799 750-2104  
YMCA 10K, 9AM, Charles Ballou, 420 E. Monroe Av, Alexandria, VA 22301 (703) 549-0850  
2nd Annual Heritage Days 15K, 9AM, Mike McKiernan, Rt 2, Bx 399, Strasburg, VA 22657 (703) 465-3827
- 7 SUN Montreal Marathon, P. O. Bx 1570, Sta B, Montreal, QUE H3B3L2 (514) 879-1027  
Baltimore Road Runners Club [BRRC] 10K Championship, 9AM, Lake Montebello, 17236 Evna Rd, Parkton, MD 21120 821-8337 821-6473 547-9050
- 13 SAT Historic Gettysburg Marathon (+ 3M), 8AM, Gettysburg Chamber of Commerce, 22 York St, Gettysburg, PA 17325 (717) 334-8151  
2nd Annual Catoctin Mountain Park Run [CANCELLED]  
Governor's Day Blue & Gold Ten (10K, 1/4M, 1/2M, 1M), 9AM, Del. Nat'l Guard Runners, 166 CAM Sq, DE ANG, Greater Wilmington Airport, New Castle, DE 19720  
Civil War Classic (1/2 mar, 7M), 8AM, Richmond Battlefield Pk, Norm Long (804) 288-0685
- 14 SUN Hockessin-Yorklyn Lions Club Distance Run (8M, 5K), 2PM, Terry Pletcher, P. O. Bx 611, Hockessin, DE 19707  
3rd Great Subway Race (8M), 8:30AM, Reisterstown Rd Plaza [RACE DAY ENTRY ONLY]  
Mazola Corn Oil/YMCA 10K, Westside Y, 5 W. 63rd St, New York, NY (212) 787-4696  
United Way 10K, 8AM, Kick-off 1980, 1900 PA Av, Rm 502, D.C. 20068, (202) 872-2507
- 17 WED Development Series, 7PM, Haverford College (see 8/23 MARRC)  
5M Prediction, 6:30PM, Westminster Community Pond, Dave Herlocker 848-8332
- 21 SUN 3RD ANNUAL SEVERN RIVER RUN [ENTRY ENCLOSED]  
Philadelphia Distance Run (1/2 Mar), YMCA, 1421 Arch St, Phila., PA 19102



SEPTEMBER

- 21 SUN Moving Comfort Women's 10K RRCA MD/DC Championship, 8AM, P. O. Bx 2006, Arlington, VA 22202  
3rd Annual Easthampton Road Race (10K, 2M), 10:30AM, Jerry Durm, Middle School, Mt Holly, NJ 08060 (609) 267-9172  
The Rotherham (England) Marathon, Delaware Sports Club, Wilmington Travel Service, 700 Delaware Av, Wilmington, DE 19801 658-6660  
Culpeper Road Race (7.8M), 9AM, No. Piedmont Family Y, 102 N. Main St, Culpeper, VA 22701  
Walter Korpman Relay, 9AM, Towson Y (see 9/7 BRRC)  
5th Annual NIH Health's Angels Anniversary Run (10M, 2M, 1M), 9AM, Kengar Rec. Cent., Kensington (see 9/6 DCRRC)  
21st Annual Atlantic City Marathon, 9AM, Norm Draper, 101 S. Texas Av, A.C., NJ 08401
- 27 SAT VIRGINIA 10-MILER, Lynchburg [ENTRIES CLOSED]  
4th Annual 8.2M Road Race (+ 2M), 11AM, Sunbury, John Witkowski, R.D. 1, Bx 157C, Shamokin, PA 17872 (717) 797-1638  
Kettering Founder's Day Celebration (10K, 2M), 5PM, Kilby Center, Kettering, Largo (see 9/6 DCRRC)
- 28 SUN America's Marathon, 9:30AM, 676 N. LaSalle, Chicago, IL 60610 (312) 951-0660  
BRRC 50M & 50K, 7AM, Lake Montebello (see 9/7)  
U.S. Nat'l Masters 20K Championship, 8AM, Hains Point, Larry Noel, 105 Northway, Greenbelt, MD 20770 474-9362  
Reston Kiwanis Classic (20K), 9AM, P. O. Bx 2372, Reston, VA 22090

OCTOBER

- 4 SAT L'EGGS 10K (women only), 9AM, YWCA, 2027 Chestnut, Phila, PA 19103 (215) 564-3430  
Gar Williams Run (10K, 2.1M), 9:30AM, Ellipse (see 9/6 DCRRC)  
4th Annual Burke Center Road Race (10K, 1M), Athletic Attic (703) 569-2288  
Nostalgiafest 10K, 9:30AM, Paul Oswell, Rt 6, Bx 149H, Petersburg, VA 23803  
Tri-Cities Road Runners, 733-7822, 733-3174
- 5 SUN 3rd Annual John D. Worthington III 1/2 Mar, Bel Air, RASAC, 1006 Whitaker Mill Rd, Joppa, MD 21085 877-7710  
"Green Run" Run (10K), (see 8/21 Tidewater)  
King George 2nd Annual 15M Road Race [ENTRY ENCLOSED]  
2nd Annual Zoo Zoom (5M), 9AM, Druid Hill Pk (see 9/7 BRRC)  
Nat'l Symph. (10K, 2M), 8AM, W. Potomac Pk, NSO, Kennedy Cent., D.C. 20566  
Woods Country Run (10M, 3.5M), 9:30AM, Scott Litten, P. O. Bx 5, Hedgesville, WV 25427 (304) 754-3358
- 11 SAT Lewes Seashore Marathon, 9AM, Lewes Chamber of Commerce, P. O. Box 1, Lewes, DE 19958 (302) 645-8916  
4th Annual Festival of Leaves (10K), VA RRCA Championship, 10:45AM, Mary Kay Morse, Rt 1, Bx 575, Front Royal, VA 22630  
Sun Run (10M, 2M), 9AM, Ocean City, Les Kinion, P. O. Bx 11394A, Baltimore, MD 21239 668-3766  
NYRRC 50M, 9AM, Central Pk (see 11/22)  
Brooks/NJA Nat'l Jogging Day 10M (+ 2M), 8AM, W. Potomac Pk, Linda Cleek, NJA, 2420 K St NW, Washington, D.C. 20037  
No. VA 10K Heart Run, 9:30AM, Geo. Mason Univ, Fairfax, P. O. Bx 410, Centerville, VA 22020  
2nd Annual Pine Tree Run (5M), 9:30AM, Greenbelt, Larry Noel, 248-1260
- 12 SUN Finger Lakes Marathon, 12:30PM, Tom Dyckman, 402 Winthrop Dr, Ithaca, NY 14850  
BRRC 15M Championship, 9AM, Hunt Valley (see 9/7)  
DCRRC Dannon Two Bridges 36M Run, 8AM, Hains Point, 7525 Morningside Dr NW, Washington, D.C. 20012 (or see 9/6 DCRRC)  
2nd Annual Keitler Bros/Anheuser Busch 10K, Montgomery Vill., Gaithersburg, DeAnne Nehra, 948-4000, Ext 304

OCTOBER

- 18 SAT SKYLON INTERNATIONAL MARATHON, noon, P. O. Bx SIM, Bidswell Sta, Buffalo, NY 14222  
RunHers (2M, 4M), 9AM, Tidal Basin, DC (women only)  
Run With Johnny Kelly, noon, C & O Canal mile marker #1, Dave Theall (202) 527-1864  
2nd Annual Vote With Your Feet Race (10K), 9AM, Carter Barron - Rock Creek Pk, Gabriel Sucher (202) 638-2545
- 19 SUN 3rd Annual Detroit Free Press International Marathon (+ 10K on 10/18), P. O. Box 170, Detroit, MI 48231  
Monumental Relay (Balto's Washington Monument to PA line and back), 8AM (see 9/7 BRRC)  
Brooks Masters Run (15K), 10:30AM, Gym, Georgetown Univ, 131 Factory St, Hanover, PA 17331 (202) 527-1864  
DCRRC Bowie 6 Miler (880, 2M), 1PM, Tasker J.H.S. (see 9/6)
- 25 SAT 5th Annual Potomac Valley Seniors TC 50K, 8AM, Hains Point, John Grolig 946-9304  
Run for Shelter (battered women)Benefit (10K), 8AM, Hains Point, Leta Holley, 1502 17th St NW, DC 20036 (202) 523-4179
- 26 SUN NEW YORK CITY MARTHON [ENTRIES CLOSED]  
Richmond Newspapers Marathon (+5M, 13.1M), noon, DeWayne Davis, P.R. Office, P. O. Bx 26971, Richmond, VA 23261  
KEY SCHOOL 10K RUN, 9AM, Ann Beach, 534 Hillsmere Dr, Annapolis 21403 267-0279  
Triathlon (20M run, 50M bike, 2M swim), 7AM (see 9/7 BRRC)  
BRRC Women's 5K Championship, 9AM, Goucher Coll (see 9/7)  
Halloween Special, 1PM, American Univ (see 9/6 DCRRC)  
Halloween Classic - A Spirited Run (10M), 7:30AM, W. Potomac Pk, C.I.T. (202) 933-3300

NOVEMBER

- 1 SAT 1st Tennessee Chickamauga Battlefield Marathon, 2807 Bennett Av, Chattanooga, TN 37404  
Fort Hunt Park 10K (2M), 1PM, near Mt Vernon (see 9/6 DCRRC)
- 2 SUN 5TH ANNUAL MARINE CORPS MARATHON, 9AM, Marine Barracks, 8th & I Sts, SE, Washington, D.C. 20390  
Patapsco Park 5M & 10M, 9AM (see 9/7 BRRC)  
Ocean State Marathon, 11AM, Ray Nelson, 80 Lincoln St, N. Kingston, RI 02852 (401) 885-1382
- 8 SAT Wheaton Regional Park Run (7.8M, 5K, 2M), 1PM (see 9/6 DCRRC)
- 9 SUN 7th Annual Satyr Hill (12M) (see 10/5 RASAC)  
Harrisburg Nat'l Marathon, 10AM, P. O. Bx 241, Camp Hill, PA 17011  
BRRC 20M, 9AM, Loch Raven (see 9/7)
- 16 SUN Towson Twosome (10K), 9AM, Towson Y (see 9/7 BRRC)  
DCRRC 30K Championship (+880, 2M), 1PM, O'Connell H.S., Arlington (see 9/6)
- 22 SAT 18th Annual JFK 50M, 7AM, Boonsboro, Cumberland Valley Athletic Club, Buzz Sawyer, 915 Hamilton Blvd, Hagerstown, MD 21740 790-3958 384-4614  
NYRRC 100K, 6AM, Brooklyn, P. O. Bx 881, FDR Sta, New York, NY 10022 (212) 580-6880
- 23 SUN Times Metric Marathon (26K), 9AM, Rick Belz, 9114 Lambskin Ln, Columbia, MD 21045 730-2527  
Masters Only 6M, 9AM, Hillside, Falls Rd (see 9/7 BRRC)  
Rod Steele Memorial 8M (2M), 1PM, Lake Fairfax (see 9/6 DCRRC)
- 27 THU 5th Annual Turkey Trot (5M), 10AM, Cora Kelly Sch., Alexandria (see 9/6 DCRRC)  
6th Annual Turkey Trot (6M), 9AM, Palm Bch Runners, P. O. Bx 8205, W. Palm Bch, FL (305) 845-0202  
3rd Annual Thanksgiving Run (6M), 9AM, behind Museum, MARRC, Chris Tatreau, Memorial Hall, West Park, Philadelphia, PA 19131  
2nd Annual Turkey Trot (5M), 10AM, Prospect Park (see 11/22 NYRRC)

NOVEMBER

- 29 SAT 4th Annual Powdered Snow Donut 6M (1.7M), 10AM, Greenbelt Pk (see 9/6 DCRRC)
- 30 SUN 11th Annual Philadelphia Marathon, 10AM, 515 W. Godfrey Av, Phila, PA 19126  
Maryland Marathon Depletion Run (20M), 8AM, Lake Montebello (see 9/7 BRRC)

DECEMBER

- 7 SUN 8TH ANNUAL MARYLAND MARATHON, 10:30AM, Memorial Stadium, 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  
Jersey Shore Marathon [entries closed]  
2nd Annual Las Vegas Sun Marathon Championship (6M, 13.1M), Hacienda Hotel, Las Vegas, NV 89119 (800) 634-6611  
DCRRC Snow Ball #1 (10M, 880, 2M), 1PM, Lake Braddock H.S. track (see 9/6)
- 13 SAT DCRRC Snowball #2 (14M, 2M), 10AM, Belle Haven Pk, Alexandria (see 9/6)
- 14 SUN 2nd Annual Polar Bear 10K, A.A. Com. Coll., Bruce Springer 757-6126 [Tentative]  
Fun Run, 9AM, Lake Montebello (see 9/7 BRRC)
- 21 SUN BRRC Cross-Country Team [5 men, 1 woman] Championship, 9AM, Herring Run Pk (see 9/6)
- 28 SUN Father Time Predicted Time (8M), 9AM, Lake Montebello (see 9/7 BRRC)

JANUARY

- 1 THU Ed Barron's Hangover Classic (10K, 3K), noon, Hains Point, Sal Corrallo, 19031 Capehart Dr, Gaithersburg 20760 [Tentative]
- 26 SUN Bermuda Marathon (10K on 1/25) [Information enclosed]

**ANNAPOLIS STRIDERS, INC.**

P.O. Box 187

Annapolis, Maryland 21404

**268-1165**FALL/WINTER SCHEDULE

- SEP 28 SUN 8:00am THE MILE! (+ 5M fun run), A.A. Community College track, Arnold, Bill Law 647-5015
- OCT 4 SAT 8:30am 10M CLUB CHAMPIONSHIP (10M leg of Club Championship Series), South River High School, Rt 214, Edgewater, Don Waddington 798-4177
- OCT 11 SAT 9:00am ANNAPOLIS MALL 5K, Rts 450/178, members-\$1, non-members-\$2 (many prizes)
- OCT 19 SUN 7:00am CAPITOL (D.C.) TO CAPITOL (State House) ULTRAMARATHON/RELAY, 32 Miles, Marty Rosenberg 849-2645
- NOV 1 SAT 9:00am YOUNG FOLKS & NOVICES RUN RUNS (1/4M, 1/2M, 2M), U.S.N.A. track, Steve Hull 263-6804
- NOV 15 SAT 9:00am ORIENTEERING RUN (10K, approx.), Severna Pk H.S., Rick Rohrbach 268-9074
- NOV 30 SUN 10:00am RUNNING TIMES/COLD TURKEY - 20K CLUB CHAMPIONSHIP (20K leg of Club Championship Series), South River H.S., Marty Rosenberg 849-2645 (many prizes) members - 50¢, non-members - \$1
- DEC 14 SUN 10:00am PREDICTED TIME POLAR BEAR 10K, A.A. Community College
- DEC 28 SUN 11:00am 2ND ANNIVERSARY RUN - 15K CLUB CHAMPIONSHIP (15K leg of Club Championship Series), U.S.N.A., Early entry: members - \$4, non-members - \$5, Race Day entry - \$6
- JAN 18 SUN 11:00am 15M CLUB CHAMPIONSHIP (15M leg of Club Championship Series), Annapolis Mall, members - 50¢, non-members - \$1
- MAR 8 SUN 2:00pm 3RD ANNUAL MEETING - HANDICAP 10K, U.S.N.A.
- APR 5 SUN 2:00pm 2ND ANNUAL PERRIER CHERRY PIT 10M ("They have the blossoms - we have the pits!"), South River High School, Rt 214 (TENTATIVE)
- AUG 30 SUN 7:30am 6TH ANNUAL ANNAPOLIS RUN (10M), Severna Park High School



## JOIN US AT THE BERMUDA MARATHON

**Thursday, JANUARY 22 - Monday, JANUARY 26, 1981**

We are offering a special package to Bermuda this January for those interested in running the Bermuda 10K and Marathon. Travel with Club Members via Eastern Airlines departing from Baltimore on Thursday afternoon and spend four nights at GLENCOE in Paget.



Glencoe, one of the most popular small hotels on the Island, has a quiet picturesque location overlooking Hamilton Harbor and is nearby the ferry stop (or an easy run from Hamilton). With a total of 35 rooms, it's a perfect place for a group like ours to get together. It has an engaging restaurant with good food, casual and friendly atmosphere and lots of informal charm. You will have several days to relax and explore and, of course, get ready for the 10K on Saturday, January 24 or the International Marathon on Sunday, January 25. The Striders will enjoy a pre-race Pasta Dinner on Saturday and then on Sunday night we'll get together for a Replenishment Dinner and Victory Party. Return is on Monday afternoon, which should leave time for most to recover from the race and/or Victory Party.

**\$369.00 per person  
Twin (Share) Basis**

**INCLUDES:**

- ☆ Round-trip air transportation (ITX Fare at \$186 in effect August 11, 1980)
- ☆ Four nights accommodations at The Glencoe
- ☆ Full breakfast daily (4) and two (2) dinners
- ☆ All taxes and gratuities for included features
- ☆ Round-trip transfers between airport and hotel
- ☆ Bermuda Information Kit on Places to see and things to do

---

**YES, I WANT TO RUN BERMUDA WITH THE STRIDERS!**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ (days) \_\_\_\_\_ (Eves)

DEPOSIT ENCLOSED OF: \$ \_\_\_\_\_ (\$50.00 per person required)

Confirmation and additional information will be sent on receipt of deposit. Deposit fully refundable until December 22.

**Make Check Payable and Return To:**

**Annapolis Striders**  
c/o Great Journeys, Ltd.  
12 Francis Street  
Annapolis, Md. 21401

