

**CLIPPER CLUB**  
Saturday, August 25th  
Number Pick-up/EXPO/Spaghetti Dinner

From Route 50, take Rowe Blvd to the second stop light. Turn left, go to stop sign, turn right (Old Annapolis Blvd). Cross Severn River, turn right at first street. Follow map to CLIPPER CLUB on the Annapolis Naval Station.  
Lost? Call 267-3660 for help.

**15th Annapolis Run**  
**Course Map**  
(Not to Scale)

**KEY**  
□ Mile Marker  
W Aid

Course -----

**BECOME A STRIDER**

Join us! The Annapolis Striders sponsor more than 50 running events each year throughout Annapolis and Arundel County. In addition, we publish a bi-monthly newsletter, maintain an information bulletin board, conduct regular training runs, sponsor lectures and clinics, conduct an age group varied-distance club race series, and offer discounts at athletic stores. For a membership application, call our 24-hour HOTLINE, 268-1165, or visit the Athlete's Foot at Annapolis Mall, or Fleet Feet on Main Street. Support the sport. As the voice of running in our area, the more long distance runners we represent, the louder we can speak on issues affecting your running health, safety and comfort!



**15th Annapolis Run**

**SUNDAY, AUGUST 26, 1990 — 7:45 AM**

**YOU'RE IN!**



**CONGRATULATIONS!**

You have been accepted as one of 3,500 competitors in the Fifteenth Annapolis Run, Maryland's Premier Ten Mile Road Race.

Please read this confirmation letter as it contains information which will ensure that this event will be rewarding and enjoyable for you.

**SCHEDULE**

<b>SATURDAY, AUGUST 25th</b>	<b>CLIPPER CLUB, NAVAL STATION ANNAPOLIS</b>
3:00 p.m. — 7:00 p.m.	Number pick-up. Slide show. Displays. Running clothing sales.
4:30 p.m. — 8:00 p.m.	Spaghetti buffet. (Admission by pre-purchased ticket only.)
<b>SUNDAY, AUGUST 26th</b>	<b>NAVY-MARINE CORPS MEMORIAL STADIUM</b>
6:30 a.m. — 7:30 a.m.	Number pick-up. Come early!
7:45 a.m. SHARP!	Race start.
8:45 a.m. — 10:15 a.m.	Refreshments and celebration.
10:00 a.m.	Awards ceremony (west stands of stadium)

**GENERAL INFORMATION**

The Annapolis Run is a 10 mile foot race. The course is certified by The Athletics Congress and the race is conducted under the guidelines of the Road Runners Club of America.

For the safety of the runners, wheeled vehicles (strollers/carriages, bikes) are not permitted on the course.

Only validly entered runners may participate. Please help us by discouraging runners from attempting to participate without a race number or by using someone else's number. In planning for a field of 3,500 we have already calculated a factor for entrants who will not actually be present to participate. Additional runners could be a hazard to those who are entered and could jeopardize the future of the event.

We reserve the right to disqualify any individual from this event and from future Annapolis Striders' races who does not comply with these rules.

Thank you for your cooperation.

**NAVAL ACADEMY REGULATIONS**

Runners will comply with the Academy's regulations regarding the wearing of complete and appropriate attire. Shirts must be worn. Attire which lends itself to the selective promotion of commercial or profit making enterprises or is in poor taste because of language or picture isn't considered appropriate attire. The wearing of earphones on or over the ears that reduces a person's hearing ability is prohibited by safety regulations.

**TRAINING WARNING**

Due to the weather and to the distance, the Annapolis Run is a challenging race to runners of all skills, particularly the novice runner. A conscientious training program would consist of no fewer than eight, twenty mile weeks leading up to the race. Several runs of seven or more miles on hot days would have been included. PLEASE DO NOT ATTEMPT THIS RACE IF YOU ARE NOT ADEQUATELY TRAINED.



Please reserve the following Spaghetti Buffet meals:

\_\_\_\_\_ Adults @ **\$8.00** \$ \_\_\_\_\_  
 \_\_\_\_\_ Children @ **\$5.00** \_\_\_\_\_  
 Name (Please Print) TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

Mail no later than **August 15th** to:  
**ATM — Meals**  
**P.O. Box 6815**  
**Annapolis, MD 21401**

### SPAGHETTI BUFFET / RACE EXPO

An ALL YOU CAN EAT spaghetti buffet is available for runners and their families, race eve, 4:30 — 8:00 p.m., at the Clipper Club in the Annapolis Naval Station. The menu includes clam, meat and meatless spaghetti sauces, garden and fruit salad; breads, soft drinks, and Bud Light beer.

**SEATING LIMITED**  
**Tickets required. First come, first served.**  
**Adults \$8.00**  
**Children \$5.00**

Come and try EXCEED'S carbohydrate loading drink — free packets available. Also, sales of running attire, running exhibits, computerized coaching from COMPU-COACH, and discount certificates from FLEET FEET will be available.

**RANDOM DRAWING:** As an incentive to pick up your number on Saturday, we have random prizes of five free stress tests courtesy of the Human Performance Lab of the Annapolis Pulmonary Specialists. Value of each test is over 100.00!

**FUN RUN:** There will be several short fun runs along the golf course/cross country course near the Clipper Club.

Times will be posted for the runs.  
 Avoid the last minute scramble for numbers on race day  
 See you at the Clipper Club on Saturday!

Detach the form above and mail by AUGUST 15th. Your tickets will be available when you pick up your race number.

### AID

Water and EXCEED will be available at the start and finish areas. Water stations will be provided at four locations on the course (consult map). Be prepared for the heat and humidity of a Chesapeake August. Be thoroughly hydrated. Consume plenty of liquids before, during and after the race. Thirsty or not: drink!

Most runners prefer not to eat race morning. At start time, you want your body giving energy to your legs rather than digesting bacon and eggs.

Course monitors, wearing distinctive race official tee shirts, will be stationed along the course as will officers of various public safety agencies, and paramedics. Seek them out if you need assistance. All runners are encouraged to notify a monitor if they see a fellow runner in distress.

If you experience dizziness, cessation of perspiration, nausea, confusion or severe muscle cramping, STOP RUNNING and seek the assistance of a monitor.

### FINISH LINE

The new finish of the Annapolis Run is on the grass in front of the Navy-Marine Corps Memorial Stadium. Please ensure that your race number is pinned to the FRONT of your apparel. (Do not put a pin in the tag at the bottom of

the number.) Your number must be clearly visible as you approach the finish line. Please do not attempt to cross the finish line without a race number clearly visible to finish line volunteers.

There are three separately timed, computerized finish lines. Women use LEFT chute only. Men use MIDDLE or RIGHT chute. Observe the overhead digital clock for your time as you finish. Stay in order. Do not switch chutes. Follow the instructions of the race officials. As you move through the chute, tear the tag from the bottom of your number and turn it in at the end of the chute. Do not attempt to re-enter the finish line area after you have exited.

After the race you will be directed to the water/EXCEED station where you may consume mass quantities of your choice. Then, proceed up the hill toward the stadium where you will be presented with the race premium. Now you will be free to head for the area under the west stands to sample Bud Light beer, watermelon and other fruit, The Country's Best Yogurt, Snow Valley Spring Water, Exceed, and orange drink. In addition, sales of running clothing will be held and several exhibitors will display running products. Computerized training assistance will be provided by COMPU-COACH. Massages will be available from the National Capital Area Sports Massage Team for a small fee. The awards ceremony will be held in the west stands of the stadium at 10AM..

### PREMIUMS

The first 250 male finishers and the first 50 female finishers will receive the special 15th Anniversary Edition of the enameled Annapolis Run lapel pin. Unique, Russell Athletic sweatshirts have been commissioned for presentation to each finisher of the 1990 Annapolis Run. You will receive yours just beyond the end of the chutes after you finish the race. Wear them proudly!

### RACE RESULTS

Thanks to Nationwide Insurance, we hope to send post card results to each finisher the week following the race. In addition, complete results will be mailed to all finishers in late September. Be sure to keep us advised of your correct address so you will receive not only the results but your entry forms for the 1991 Governor's Bay Bridge Run and the 1991 Annapolis Run.

### ACCOMMODATIONS

Annapolis Ramada — offering discounted rooms at \$70.00 double/triple/quad occupancy. **Make reservations prior to August 7th. Call: 1-800-351-9209 or 1-301-266-3131**  
 For other accommodations in the Annapolis area, call *Maryland Reservations* 263-9084.

### SPECIAL THANKS

The Annapolis Striders extend special thanks to the more than 400 race volunteers and to the following organizations and individuals without whose cooperation, encouragement, and assistance, this event would be impossible:

- Bud Light — Katcef Brothers Distributors, Inc.
- First National Bank of Maryland
- The Athlete's Foot of Annapolis & Columbia Malls
- Snow Valley Spring Water
- TCBY — The Country's Best Yogurt of Annapolis Mall
- Nationwide Insurance
- Sports Medicine Center of Annapolis
- EXCEED — Distributed by Team Sports Line
- Poppets Toy Stores (Stress Management)
- Annapolis Pulmonary Specialists
- The Annapolis Ramada

- City of Annapolis  
The Honorable Alfred A. Hopkins, Mayor  
Cassin Gittings, Chief of Police
- State of Maryland  
The Honorable William Donald Schaefer, Governor  
Maryland State Police, Annapolis Barracks  
Department of General Services  
Department of Transportation
- Anne Arundel County, Maryland  
The Honorable O. James Lighthizer, County Executive  
George W. Wellham, Chief of Police  
Joseph McCann, Director of Recreation and Parks
- United States Naval Academy Athletic Association  
Jack Lengyel, Athletic Director
- United States Naval Academy  
Rear Admiral Virgil L. Hill, Jr., Superintendent  
Captain B. A. Spofford, Deputy for Operations
- Annapolis Naval Station  
Captain D. L. McCrory, Commanding Officer
- United States Coast Guard

### CONTRIBUTING SPONSORS:



# Maryland's Premier 10-Mile Road Race