

Training for 10-mile heart fund run held

The first of a series of training runs, leading up to the ten-mile run on Aug. 27 to benefit the American Heart Association, was held Sunday with more than 100 runners participating.

Two- and four-mile runs were held at the Annapolis Racquet Club, sponsor of the 3rd Annual Annapolis Ten Mile Run, with prizes going to the first place winners in each division.

In the two-mile run, Bruce Helmly was first for men with a time of 12.04; Kathy Quigley was first for women with a time of 16.19; Kirk Jay was the youngest runner and Gert Spadone was the oldest woman runner.

Four-mile run winners were Robert Hall, first with 20.57 minutes; Bobbie

Johnston first for women with 30.23; Jon Fox, Greg Reynolds was first for juniors with a time of 36.38; John Fox aged 10, was youngest runner with a time of 39.02; and Daniel Spadone was oldest logging a time of 35.34.

Further training runs will be held on Sundays, Aug. 6, 13 and 20 beginning at 9 a.m. at the Racquet Club.

Anyone wanting to enter the ten-mile run on Aug. 27, should send a self-addressed envelope to: The Severna Park Funrunners, 306 Avondale Circle, Severna Park, Md. 21146.

The \$5.00 entry fee includes a special T-shirt and refreshments. Make all checks payable to the American Heart Association.