

SPORTS

Annapolis Ten Mile Run entries fill fast

You may not want to think about the end of summer just yet. After all, the kids are still in school and we've only just begun to enjoy the outdoors after an impossibly long winter.

But the 21st Annapolis Ten Mile Run — scheduled for Sunday, Aug. 25 — is almost half-full, and if you want to run it, you'd better start thinking about getting your application in — fast.

Always a popular race, this year's run is likely to fill its field of 4,000 runners long before the official deadline of July 24, according to race director Dick Hillman.

If you've never run the Annapolis 10-Miler, it's quite an event, drawing runners from across the Eastern Seaboard and often across the country.

The fourth largest 10-mile road race in the country, the Annapolis run has been listed for the last several years as one of America's Top 100 Races by *Runner's World* magazine.

It is also the Maryland RRCA 10-Mile Championship Race, an award presented by the Road Runner's Club of America each year.

Among local runners, the Anna-

polis Ten is renowned for its premiums, which have consisted in the past of jackets, pants, tote bags and the like. This year, each runner will receive a Coolmax long-sleeved training jersey, embroidered with the Annapolis Ten-Mile Run logo.

The run is also known for its scenery, as the course winds through the Naval Academy and across the Severn River.

As it did last year, the 1996 course will again loop around the Navy-Marine Corps Memorial Stadium and go through West Annapolis, before heading over the new Severn River Bridge and through the community of St. Margaret's.

The route will then recross the bridge, enter the Naval Academy and run next to St. John's College before heading back to the stadium.

Entry fees are \$22 and registration will remain open only until the race is filled. Entry forms can be picked up at The Athlete's Foot in the Annapolis Mall, Hess Running Center in Towson Town Center, Pacer's in Old Town Alexandria and Fleet Feet in Adams Morgan.

Applications can also be obtained by sending a S.A.S.E. to Annapolis Striders, P.O. Box 187, Annapolis,

RUNNING



By GABRIELLE deGROOT

Md. 21404-0187.

This year, the race eve expo will include vendors specializing in Complementary Medicine, formerly known as Alternative Medicine. Nutritional consultants, sports psychologists, acupuncture and massage therapists will be on hand to demonstrate their skills and to talk about the benefits of alternative therapies.

For more information about setting up a booth, call Chris Powell at 224-5778 or Doris Davenport at 269-6133.

As it did last year, the race will benefit the Healthy Community

Fund of Anne Arundel Medical Center. Over the years, the run has contributed over \$100,000 to cardiac programs at the hospital and the American Heart Association.

Of course, a race of this magnitude relies on literally hundreds of volunteers — from medical personnel to course monitors to finish line workers.

If you know of someone who is running the race and plan to be a spectator — or if you'd like to just come out and support your fellow runners — please consider volunteering for the race. The finish line alone requires 100 volunteers — to tag, sort and score the 4,000 runners as they cross the finish line.

Each volunteer will receive a T-shirt and will be invited to a pool party on August 17, a week before the race.

Finish line volunteers can call me — Gabrielle deGroot, (410) 267-7660. All other volunteers should contact Brenda Norman, (410) 757-0926.

We'll be sure to keep you posted as the race gets closer. In the meantime, get those applications in!

FUN RUNS: The Annapolis Striders Thursday Night Fun Runs start today at 6 p.m. at the Bates

Track in Annapolis

Each Thursday through August, the Striders will host unofficial 1-Mile and 4-Mile runs, beginning at 6 p.m. and 6:30 p.m., respectively. The field is open to all, and winners receive ... a slice of watermelon? Well, that's what Fun Run Promoter Evan Thomas mentioned in passing last week.

RACE RESULTS

CROFTON KIWANIS 10K, June 8

Overall men: Jamie Dick, 32:42
Overall women: Rose Malloy, 38:34
First Crofton Kiwanis: John Kibby, 44:52
Boys 14 & under: Josh Dorsey, 45:06
Girls 14 & under: Sarah Sayani, 47:33

Men 15-19: Eric Myers, 38:54; Todd Warner, 40:48
Women 15-19: Erin Sturgis, 48:07; Jessica Palatica, 49:42

Men 20-29: Paul Walters, 34:15; Keith Simon, 35:25; John Donaldson, 39:03
Women 20-29: Rebecca Manfred, 43:40; Margaret Olson, 46:02; Deborah Young, 46:55

Men 30-39: Jim Griffith, 34:06; Matt Mace, 35:28; Brian Daugherty, 35:55
Women 30-39: Gloria Ackerman, 41:27; Marjorie Boyd, 44:15; Jeanne

Best, 44:48

Men 40-49: Marc Rogers, 35:48; Rick Woods, 40:37; Donald Smith, 41:14
Women 40-49: Mary Lang, 48:12; Elizabeth Williams, 48:39; Rita Twist, 48:51

Men 50-59: Joe Clorey, 40:40; Bill Conroy, 42:02; Jim Cavanaugh, 43:57
Women 50-59: Tami Graf, 48:41; DeLores Hill, 60:18

Men 60 & over: Stanley Witowski, 43:24; Richard Miller, 46:19
Women 60 & over: Anne Adelson, 58:23; Dee Bickley, 71:53

UPCOMING RACES

■ Father's Day 10K — June 16 at 8 a.m. on the B&A Trail. Pat Donahue at (410) 672-5992 or Kevin Murnane at (410) 787-4367

■ The Athlete's Foot/Bowie Road Runners 4th of July Four-Miler — July 4 at 8 a.m. at the Allen Pond recreation area. Craig Tucker, (410) 282-3360

■ John Wall Memorial One-Mile Run — July 13 at 6 p.m. at Bates Track in Annapolis

■ Women's Distance Festival 5K and Run After the Women 5K — July 20 at 8 a.m. at West Annapolis Elementary School.

Please send race announcements and results to: Gabrielle deGroot, c/o The Capital, P.O. Box 911, Annapolis, Md. 21404. Or call her at (410) 752-3849.

Rock angling performs turnabout

What a turnabout, it's the talk of the upper Chesapeake. In the midst of the past weekend and almost overnight, fishing turned from lousy to good — especially for rock.

Everyone is asking where they came from, and why Let's not look a gift horse in the mouth. They had move down from the tributaries, let's just hope they stick around. What better Father's Day gift for Dad than a keeper rock in home waters? The rundown:

1. Good rockfishing from above Port Deposit to Garrett Island. Big catfish; perch n' slowing.
2. Prettyboy; mostly bluegills and crappies.
3. Liberty's landlocked rock bounding back a bit; otherwise mostly crappies and bluegills
4. Yellow perch, catfish at Piney Run.
5. Crappies, bluegills, pickerel.
6. Gunpowder trout fishing should do well until the dog days.
7. Chumming for rock hopefully will continue in Pooles Island, Middle River complex. Some trolling.
8. Northern edge of the Susquehanna Flats has rock; catfish in much of the Flats. Try bass'n.
9. Some nice rock action lately in deep waters of the mouth of the Chester. Love Point, Hickory Thicketts and Belvedere Shoals are other rock bets.
10. Good catfishing, a few rock in the Patapsco.
11. Some nice hardheads beginning to show with perch at the

FISHING FORECAST



By BILL BURTON

Magothy. You gotta look for them.

12. Finally, a few savvy anglers have taken rock at the Bay Bridge on eels. You might try jigging for catch-and-release rock though it's a bit early. Hardheads due at Hacketts, maybe a few rockfish. Matapeake Pier has an occasional late-day rock and perch — and if those upper bay rock start to move down, look for improvement.

13. The Hill's rock remain mostly small; lots of action though. Inside Eastern Bay a nice hardhead run is building, also some flounder moving in. Flounder are early this year. Bloody Point has rock for trollers. The South and Severn have white perch. Same with Tollies.

14. I decline to predict the black drum; who wouldn't. Slowly, the pattern improves, but it's still hungry one day-lockjaw the next. Some anglers do better by waiting until the crowds disperse, then catch in mid-day.

15. In the Choptank, the hardheads thrive, but continually move. Sometimes a legal rock turns up at the Route 50 Bridge in Cambridge where there are some perch and croakers.

16. Both sides of the ship channel can turn up rock. Try the Gas Docks, Calvert Cliffs and Punch Island. Some deep flounder at Punch Island. Some medium blues moving into the area; nothing spectacular — and no telling where at a given time.

17. Try trolling here for rock; a blue might turn up.

18. Some hardheads in the lower Potomac; Cedar Point Light Rip also has them, and a few sea trout are showing; will flounder be next?

19. The Hooper/Honga River complex has some trout, flounder and hardheads. Toward the channel, try for rock — with your fingers crossed. Hooper Island Light is a good hardhead bet.

20. Now we're getting into the prime rockfish chumming area, with a few blues mixed in. An occasional rock at the Point Lookout public pier where hardheads are also available. Boats do well on rock, sometimes locate nice schools of hardheads.

21. The Crisfield area has flounder, trout and hardheads. Good fishing.

22. The hottest spot in the bay for rockfish chumming, maybe some blues, but they're scattered. Some hardheads on the deep drop-offs.

23. The Smith Point sector still has nice rockfish, especially for chummers.

24. Flounder moving into the mouth of the Potomac, and there are also hardheads here.

25. Flounder action continues at Chincoteague.

26. Surf fishermen still taking an occasional rock; otherwise it's some smaller blues, sea trout and kingfish. Not bad, though not good either.

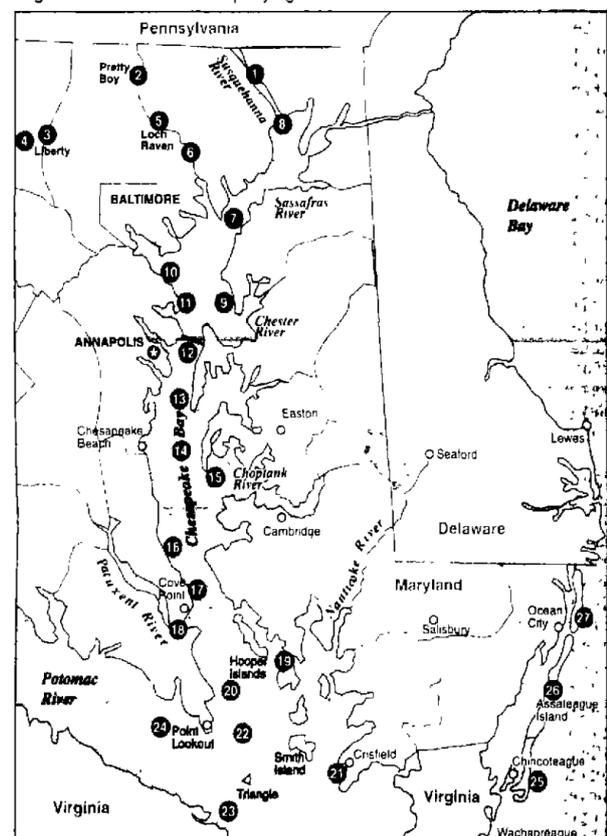
27. Shark action continues to improve, many blue sharks, but mako run is building nicely from the 20 Fathom Line to Poor Man's Canyon. About time to start scouting for the first of the tuna. Headboats doing fairly well on sea bass and other bottom dwellers. Inshore, flounder fishing continues; Thoroughfare still the best bet. The Harry Kelley Bridge has some keeper rock, also sea trout and flounder. Smaller blues are active, but moving throughout the back bays.

ELSEWHERE: Bass'n improves in virtually all sectors of the Potomac, and on Sunday, the catch-and-keep bass season opens throughout Maryland; another Father's Day goodie (opens the day before in Pennsylvania). Deep Creek Lake has pickerel, yellow perch and bluegills aplenty — many of the latter are of super size. Hunting Creek's trout'n is good.

COMING UP: Tonight Fish until Midnight affair at Downs Park in Pasadena.

Bay fishing guide For the weekend of June 15-16

Numbers indicated below correspond to regions described in accompanying column



BOATING NOTES

WOMAN'S BIG-BOAT REGATTA: West River Sailing Club is still accepting entries for the eighth annual Woman's Big-Boat Regatta, being held next weekend.

One-Design racing has been added to the event this season with Sunsail providing seven Hunter 336s for competition. Four skippers, Carol Fairfield, Jennifer Seiler, Jennifer Kay and Amy Halstead have registered for the one-design portion of the regatta.

Organizers have received seven entries for the PHRF portion of the regatta. Leading the field is defending champion Bonnie Schloss, who will sail her J/30 Bear Away Bonnie Steele (Varmint Cong, Melges 24) and Holly Budd (Yellow Bird, J/27). Last year's third and fourth place finishers, are also entered. Kathy Parks, aboard her new Melges 30, is another strong contender.

Buoy racing will be held Saturday, while a distance race from West River to Annapolis is slated for Sunday.

The event kicks off Friday with a cookout at West River Sailing Club in Galesville. A steak dinner is slated for Saturday night, while a champagne awards ceremony will be held Sunday (4 p.m.) at Sunsail headquarters at Annapolis Landing Marina.

For information on the Woman's Big-Boat Regatta, call Teri Nilsen, 410-867-1191.

SSA EVENT: Severn Sailing Association will hold its annual "Commodore's Cookout" to welcome new members on Friday, June 21 (6:30-9:30 p.m.).

J/30 EVENT: The Chesapeake Bay J/30 Fleet will hold its "Summer Social" Saturday, June 29 following the Ted Osius Memorial Regatta. Call 859-6835 for details.

HANDICAPPED SKIERS CLINIC: June 29 8:30 a.m. to 4:00 p.m. Palisades-on-Severn. Sponsored by South River Ski Club and Nation's Capital Handicapped Sports. Boats, equipment and lunch will be furnished. Call Leslie & Steve Pizzi, 410-757-9056.

1996 RACE CIRCUIT: Through Sept. 15. APBA Region No. 4 schedules a 14-site circuit. For details or registration contact: Annapolis, Nancy McMullen 410-974-1452; Kent Narrows, Wheeler Baker 410-643-5764; Cambridge Allen Nelson, 410-228-7920; Essex Cup, Ronnie Thompson, 410-679-9370.

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Ladies lacrosse games scheduled for AACC

The Chesapeake Women's Lacrosse Association will host the fourth annual North/South Schoolgirls All-Star Game Saturday 3 p.m., at Anne Arundel Community College.

The game will be preceded by a 1 p.m. exhibition matchup between the National Junior Lacrosse Association squad and an all star contingent from the Maryland Youth Lacrosse Association.

The U.S. national team will perform an exhibition at 5 p.m. following the North/South game. Admission is \$3 and proceeds benefit the U.S. national team as it prepares for the World Cup next May in Tokyo.

The 3 p.m. game will feature the top high school-age players in the

nation, including local All-Americans Amy Brew (Annapolis), Stephy Samaras (Annapolis) and Jacque Weitzel (Garrison Forest).

The 5 p.m. exhibition will feature several local players on the U.S. team, Randall Goldsborough (St. Mary's/Maryland), Crista Samaras (Annapolis/Princeton) and Michelle Meyer (Broadneck/Loyola).

Maryland's senior high school all stars will compete Sunday in the Villanova Lacrosse Festival. The Maryland contingent features Becky Morris (Annapolis), Kate Graw (Severn), Jennie Voishan (Severna Park), Jess Marion (South River), Megan Barry (South River) and Jen Manning (St. Mary's) and will be coached by Dave Gehrdes (Annapolis).

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