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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.



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PLACE:	Severna Park High School-Evergreen and Robinson Road: Severna Park, Maryland
DIRECTIONS:	From south or D.C. area: proceed to U.S. Rts. 50/301 interchange, N. on MD Rt. 3 to Benfield Blvd., E. 4 miles; From Baltarea, S. on MD Rt. 2, W. on Robinson Rd., 34 mile to school
U. Certified TIME:	Registration6:00 a.m. RefreshmentsFinish Race Start7:30 a.m. Awards9:45 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.
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	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
DIVISION OFFICIAL USE ONLY	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. Date
SEX M F PHONE	Signature of Runner Dore
LAST	Signature of Parent (if under 18) FIRST MI
STREET	AGE RACE DAY PREDICTED TIME
CITY	STATE ZIP SHIRT SIZE