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— RUNNER’S WORLD

NON-PROFIT ORGANIZATION
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ANNAPOLIS, MD

ANNAPOLIS STRIDERS, INC.
21st Annapolis Run
Post Office Box 187
Annapolis, MD 21404-0187



21st Annapolis Run



Maryland RRCA 10-mile Championship



SUNDAY, AUGUST 25, 1996 – 7:30 AM

Maryland's Premier 10-Mile Road Race

Avoid rejection!

Remember to:

- Complete each item legibly.
- Read, sign and date the “waiver and release”.
- Enclose a check or money order for \$18 if mailed by June 1st; or for \$22 if mailed after June 1st and before July 25th.
- Sign your check!
- Mail early!

ENTRY FORM

1996 ANNAPOLIS RUN - AUGUST 25, 1996

REGISTRATION - Complete and mail this form in a 9-1/2 inch, #10 envelope.

Entry Fee (non-refundable): \$18 if postmarked by June 1; \$22 thereafter. Deadline: 4000 entrants or Wed., July 24. Payment must be included for this form to be processed. No cash. **Make check or money order payable to: ANNAPOLIS RUN**

Please do not staple. Mail to: Annapolis Striders - ATM, Post Office Box 6815, Annapolis, MD 21401-0815

TYPE OR PRINT - ILLEGIBLE ENTRIES WILL NOT BE PROCESSED - PHOTO COPIES ACCEPTABLE - REDUCED, OR FAXED COPIES ARE NOT.

LAST NAME	FIRST NAME	MI	YES	I want to support the American Heart Assn. I have added a \$ _____ donation to my entry fee.	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>		
ADDRESS (where you will be on August 1st)		CITY	STATE	ZIP	
<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	
TELEPHONE (DAY)	TELEPHONE (NIGHT)	BIRTHDATE	AGE ON RACE DAY	GENDER	YES
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	M <input type="checkbox"/> F <input type="checkbox"/>	WHEELCHAIR? <input type="checkbox"/>
RRCA CLUB NAME (For Participants In MD RRCA Championship Series)		MONTH	DAY	YEAR	
<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	
ANNAPOLIS STRIDER: YES <input type="checkbox"/> NO <input type="checkbox"/>		SHIRT SHIZE - Longsleeve Coolmax			
		XS SM MD LG XL XXL			
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			

WAIVER AND RELEASE

For good and valuable consideration, including PARTICIPANT'S being permitted to participate in the ANNAPOLIS 10-MILE RUN ("EVENT") to be held in and about Annapolis on Sunday, August 25, 1996. I, the undersigned participant ("PARTICIPANT") and I, the undersigned Parent or Guardian ("PARENT OR GUARDIAN") (where applicable), for myself, my successors, heirs, assigns, executors and administrators forever release and discharge Annapolis Striders, Inc., and any political subdivision, entity or organization on whose property any part of the EVENT is being conducted, and also any other sponsor and all affiliates, subsidiaries, corporate parents, officers, directors, partners, employees, servants and agents of Annapolis Striders, Inc., and of any other sponsors (hereinafter individually and collectively in all combinations referred to as "SPONSORS") from all claims, causes of action, costs and judgments that I now or hereafter may have or claim to have against SPONSORS for personal injuries, including death, damage to property, real or personal, caused by or arising out of PARTICIPANT'S involvement in the EVENT. I further agree to and do hereby assume any and all risks of personal injuries to PARTICIPANT, including death, and damages to PARTICIPANT'S property, real or personal, caused by or arising out of PARTICIPANT'S involvement in the EVENT. I further agree for myself, my successors, heirs, executors and administrators to indemnify and hold SPONSORS harmless from all claims and suits for personal injuries, including death, and damages to property, real and personal, in any way arising out of PARTICIPANT'S involvement in the EVENT, and from all judgments and costs recovered in said claims and suits and from all expenses incurred in defending said claims or suits. I further agree that PARTICIPANT'S photographs, pictures, slides and movies taken or made by SPONSORS in connection with PARTICIPANT'S involvement in the EVENT, or any REPRODUCTION of the same, as well as PARTICIPANT'S name, may in any manner be used by SPONSORS, or by any person, corporation, partnership or association authorized by SPONSORS. I further understand and agree that the involvement of commercial SPONSORS in the EVENT is for purely advertising purposes only and that they have no involvement in the course set-up or the running or safety features of the race.

I warrant the PARTICIPANT is in good health and has no physical condition that would prevent PARTICIPANT from competing in the EVENT.

I HAVE READ AND UNDERSTAND THIS WAIVER AND RELEASE, AND SIGN IT VOLUNTARILY.

SIGNATURE OF ENTRANT: _____ DATE: _____

PRINTED NAME AND SIGNATURE OF PARENT OR GUARDIAN: _____ DATE: _____
(REQUIRED IF PARTICIPANT IS UNDER 18 YEARS OLD)

RACE INFORMATION

DISTANCE - The Annapolis Run is a 10-mile foot race organized by the Annapolis Striders, Inc., a volunteer, non-profit organization. The race is conducted according to the road racing guidelines of the Road Runners Club of America, and is part of the 1996 Maryland RRCA Championship Series.

PLACE - Start and finish at Navy-Marine Corps Memorial Stadium, Annapolis, Maryland.

STARTING TIME - 7:30 a.m. SHARP! Sunday, Aug. 25, 1996.

Wheelchair start 7:28 a.m. All entrants should be at the stadium by 7:00 a.m.

COURSE - Start in east parking lot of stadium; loop around stadium perimeter; through West Annapolis; cross Severn River on new bridge; shaded country roads / Ritchie Hwy / rolling hills; re-cross river; traverse sea walls in Naval Academy; through historic downtown Annapolis past St. John's College; finish on grass in front of stadium. USATF Certification No. MD-95-009JS. Splits every mile. Water every 2 miles. Paved surfaces.

FINISH LINE - Digital Clocks - Rainbow Racing System - Run Score software.

RULES - Participants must maintain at least a 12 minute per mile pace. No headphones. No wheels (roller blades, bikes, strollers, etc.). No dogs.

ENTRY - Submit a complete and fully executed entry form and the correct fee to: Annapolis Run Entries, Post Office Box 6815, Annapolis, Maryland 21401-0815. Maximum Entrants: 4,000. No race day entries. No exchanges. Numbers are non-transferable. Unofficial runners will not be scored and are subject to disqualification from future events conducted by the Annapolis Striders.

FEES - \$18.00 if postmarked by June 1; \$22 between June 2 and July 24. No entries thereafter. Make check or money order payable to "Annapolis Run". No cash. No refunds. The principal portion of race proceeds will benefit the Healthy Community Fund of Anne Arundel Medical Center. Prior Annapolis Runs have benefitted the American Heart Association. If you wish to make a contribution to support programs of the Association this year too, please check the appropriate box on the entry form and add your donation to your entry fee.

PREMIUMS - The first 250 men and 100 women finishers receive the handsome 21st anniversary edition of the Annapolis Run enameled lapel pin. All finishers receive a handsome Coolmax long sleeve training jersey. The jersey displays the distinctive Annapolis Run logo together with the designation "FINISHER"! Running merchandise will be distributed randomly to finishers.

AWARDS - Ceremony 10:00 a.m. West Stands, Navy-Marine Corps Memorial Stadium.

OVERALL: 1st, 2nd and 3rd place, male & female
MASTERS: 1st place, male & female
AGE GROUP: 1st, 2nd and 3rd place, male & female, 14 and under, 15-19, 20-24, etc., in 5 year increments.
1ST ANNE ARUNDEL COUNTY FEMALE: Pat O'Brien Memorial Award
1ST OVERALL AND MASTERS MALE & FEMALE: Maryland State RRCA 10 Mile Championship Awards

TEAM COMPETITION - NONE

RECORDS - Various public construction projects and certain logistical concerns have necessitated periodic alterations in the course of the Annapolis Run during its 20-year history. Consequently, there are numerous "course" records. Nevertheless, among the overall records most are of national class calibre. The OPEN records are: MEN-48:42, WOMEN-56:12. The MASTERS records are: MEN-53:48, WOMEN-60:36. The WHEELCHAIR records are: MEN-37:20, WOMEN-53:49. Moreover, TacStats has credited a number of finishers over the years with performances that have qualified as national single age group records for the 10-mile distance.

1995 CHAMPIONS

Open:	Men	DOUG MOCK	52:24
	Women	BONNIE BARNARD-LOPEZ	59:30
Masters:	Men	JAMES PRYDE	54:33
	Women	MARGARET STARNES	67:44

NUMBER PICK-UP - Anticipate early morning traffic and long pick-up lines race day. Plan to get your number on Saturday, August 24, between 10 a.m. and 5 p.m. at Anne Arundel Medical Center, Medical Park, Jennifer Road. Number pick-up resumes race morning at 6 a.m. at Navy-Marine Corps Memorial Stadium. Arrive well before 7 a.m. Pick-up lines close at 7:15 a.m. **DON'T BE LATE!**

RACE EVE EXPO - From 10 a.m. to 5 p.m. at Anne Arundel Medical Center, Medical Park, Jennifer Road. In addition to number pick-up, the expo will feature clothing sales, displays, food, popcorn, random drawings, and Two-for-One Race Eve dinner coupons for Annapolis area restaurants.

CONFIRMATION - Confirmation of entry acceptance, instructions for number pick-up, and detailed information about the Race Eve Expo and the Two-for-One dinner coupons will be sent by first class mail in early August. No telephone confirmations.

Free Fun Run!

7:40 a.m. at the official starting line.
Ribbons & Certificates to All Finishers

LODGING - To make reservations at Annapolis area hotels, motels and B & Bs, contact Annapolis Accommodations: 800-715-1000 or 410-280-0900.

RESULTS - Courtesy of the Capital newspaper, complete results will be posted on the internet. The confirmation letter will contain access information. Results also will be published in the Runner's Gazette, a copy of which will be mailed to each finisher.

RACE ORGANIZATION - Annapolis Striders, Inc., P. O. Box 187, Annapolis, MD 21404-0187
Matthew Mace, President
Richard Hillman, Annapolis Run Director
Annapolis Striders Hotline - 410-268-1165