

## Avoid rejection!

### Remember to:

- ☐ Complete each item legibly.
- ☐ Read, sign and date the "waiver and release".
- ☐ Enclose a check or money order for \$25; postmarked by July 23rd.
- ☐ Sign your check!
- ☐ Mail early!



*"One of  
America's  
Top 100 races!"*  
— RUNNER'S WORLD

# 23rd Annapolis Run



Maryland RRCA 10-mile Championship



**SUNDAY, AUGUST 30, 1998 – 7:50 AM**

**Maryland's Premier 10-Mile Road Race**

ANNAPOLIS STRIDERS, INC.  
23rd Annapolis Run  
Post Office Box 6815  
Annapolis, MD 21401-0815



NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
PERMIT #526  
ANNAPOLIS, MD





# ENTRY FORM 23RD ANNAPOLIS RUN – AUGUST 30, 1998

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

Entry Fee (non-refundable): **\$25 must be postmarked by July 25. Deadline: 4000 entrants or Wed., July 25.** 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 Run c/o Annapolis Striders, PO Box 6815, Annapolis, MD 21401-0815

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

RRCA Series Club Affiliation \_\_\_\_\_ ANNAPOLIS STRIDER: YES ☐ NO ☐ ☐ Send Me Club info & Membership Form

LAST NAME  FIRST NAME  MI

ADDRESS (where you will be on August 1st)  CITY  STATE  ZIP

TELEPHONE (DAY) -- TELEPHONE (NIGHT) -- BIRTHDATE -- AGE ON RACE DAY  GENDER M ☐ F ☐ WHEELCHAIR? ☐ YES ☐

MONTH DAY YEAR

## 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 30, 1998. 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.

Failure to turn in the computer chip will result in a \$30 replacement charge and disqualification from any further Annapolis Strider or ChampionChip, Inc. sponsored events.

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 the Age of 18 Years)



## RACE INFORMATION

**DISTANCE** – The Annapolis Run is a 10-mile foot race organized by the Annapolis Striders, Inc., a volunteer, nonprofit organization. The race is conducted according to the road racing guidelines of the Road Runners Club of America, and is part of the 1998 Maryland RRCA Championship Series. USATF certified. Selected as one of top 100 races by Road Runner Magazine. Selected by RRCA to be Eastern Regional Championship and MD state Championship.

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

**STARTING TIME** – 7:50 a.m. SHARP! Sunday, Aug. 30, 1998. Wheelchair start 7:40 a.m. All entrants should be at the stadium by 6:30 a.m.

**NEW COURSE** – Start from east parking lot of the Navy-Marine Corps Stadium, then around the stadium; south on Rowe Blvd., past Church Circle, down historic Main Street into USNA Gate 1, then along the Naval Academy sea wall overlooking the Chesapeake Bay, out Gate 8 and over the new Naval Academy Bridge; through tree-lined residential streets before returning to Rt. 450, past Scenic Overlook and back across USNA bridge; finishing on the grass at the Navy-Marine Corps Stadium. Water every 2 miles. Paved surfaces. Power Gel energy gel will be available on course at mile 7, so be sure to start training with one of the four fast fuel flavors: Tropical Fruit, Vanilla, Lemon Lime, or Caffeinated Strawberry-Banana.

**RULES** – Participants must maintain at least a 12 minute per mile pace. No headphones. No wheels (roller blades, bikes, strollers, etc.). No dogs. Timing by ChampionChip computer chip. **CHIP MUST BE WORN ON SHOE.**

**ENTRY** – Submit a complete and fully executed entry form and the correct fee to: Annapolis Run, Annapolis Striders, Inc., P.O. Box 6815, Annapolis, Maryland 21401-0815. Maximum Entrants: 4,000. **No race day entries. No exchanges. Numbers and Chips are non-transferable.** Unofficial runners will not be scored and are subject to disqualification from future events conducted by the Annapolis Striders. The first 1000 entries receive a special early bird premium.

**FEE** – \$25.00 must be postmarked by July 25. No entries thereafter. Make check or money order payable to "Annapolis Run". No cash. **No refunds for any reason.** The principal portion of race proceeds will benefit the Cardiac Rehab 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 send a separate check along with your entry fee.

**PREMIUMS** – All finishers will receive a handsome Supplex nylon running vest printed with a dynamic reflective Annapolis Run logo.

**AWARDS** – Ceremony 9:30 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, 19 and under, 20-24, etc., in 5 year increments, at Race Directors discretion.

**1ST ANNE ARUNDEL CO. FEMALE:** Pat O'Brien Memorial Award

**1ST OVERALL AND MASTERS MALE & FEMALE:**

Maryland State RRCA 10 Mile Championship Awards

RRCA Eastern Regional 10 Mile Championship

**TEAM COMPETITION** – MD/DC RRCA TEAMS. Top 5 score. No limit as to number of members on a team.

## 1997 CHAMPIONS

Open:	Men	MERRILL HANSENFLUCK	52:13
	Women	MEGAN HOLDEN	1:01:42
Masters:	Men	ROBERTO RODRIQUEZ	58:30
	Women	SUSAN HUMPHRIES	1:07:05

**NUMBER PICK-UP** – Anticipate early morning traffic and long pick-up lines race day. Plan to get your number on Saturday, August 29, 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, random drawings.

**POST RACE FESTIVAL** – Bud Light, O'Doul's, Watermelon, Bagels, Bananas, Gatorade, Music, Sports Massage (available for a nominal fee), Clothing Sales, Race Application Table - load up for the fall racing season!

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

**LODGING** – To make reservations at Annapolis area hotels, motels and B&Bs, and to get free shuttle ride to and from the race, contact Annapolis Accommodations: 800-715-1000 or 410-280-0900.

**RESULTS** – Complete results will be posted on the internet on the Annapolis Strider's Homepage at: <http://annapolisstriders.home.ml.org> 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 6815, Annapolis, MD 21404-0815  
Sue Briers, President  
Ron Bowman, Annapolis Run Director  
Annapolis Striders Hotline – 410-268-1165