



**AMERICAN HEART ASSOCIATION  
CENTRAL MARYLAND CHAPTER**

415 N. Charles Street • Baltimore, Maryland 21201 • (301) 685-7074

FOR IMMEDIATE RELEASE

CONTACT: SUE DAGURT

**THIRD ANNUAL ANNAPOLIS 10-MILE RUN**

Now is the time to start training for the classic 3rd Annual 10-Mile Annapolis Run. This event is sponsored by the Annapolis Racquet Club and presented by the Severna Park Funrunners. All proceeds will go to the American Heart Association to help promote cardio-vascular fitness through research grants.

The race will start on August 27, 1978 at 7:30 a.m. from Severna Park High School. It will be run over a scenic, rolling course, which includes an inspiring run over the Old Severn River bridge through the quaint city of Annapolis and finishing with a victory lap in the Navy-Marine Corps. stadium.

This will be the third consecutive year that this annual event has been held. This race has become a classic end of the summer event; each drawing more and more individuals. It will attract many top runners throughout the Maryland area. Invitations are being sent to all known joggers and to some well known name runners from local running clubs. We also stress this to be a fun run and encourage area joggers to participate.

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Serving Baltimore City and Anne Arundel, Baltimore, Harford and Howard Counties

A Chapter of the Maryland Affiliate, American Heart Association

An equal opportunity service and employment voluntary health agency

ADD ONE

10-MILE RUN

Gatorade and cantelopes will be served after the finish of the race. At this time all pre-registered runners will receive a T-shirt commemorating the race. Buses will provide rides back to Severna Park High School.

A unique training format for the 10-Mile run has been devised. The Annapolis Racquet Club has built a mile-long cross country course through the beautiful woods around their club. A series of races will be held there with prizes and refreshments. No entry fee is required. All ages are invited to run. Here's the schedule:

Sunday, July 30th -- 2 mile and 4 mile run

Sunday, August 6th -- 2 mile and 4 mile run

Sunday, August 13th -- 2 mile and 6 mile run

Sunday, August 20th -- 2 mile and 8 mile run

All races at the Annapolis Racquet Club begin at 9:00 a.m.

To enter the Annapolis 10-mile Run on August 27th you may send a self-addressed, stamped envelope to:

Severna Park Funrunners  
306 Avondale Circle  
Severna Park, MD 21146

The entry fee of \$5.00, which includes a designed T-shirt and refreshments, is tax-deductable. Make all checks payable to the American Heart Association.

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