

MIKE'S MEMOIRS

- * I've just returned from watching our Strider team complete the Ft. Meade 24 hour relay. They did an outstanding job! The 10 member team averaged 6:18 per mile through the heat of the day and damp coolness of night, churning out the miles: 228 5/8 in total. Great determination and stamina! Congratulations!
- * Once again, Annapolis Strider women provided ~~great~~ organization and support for the Women's Festival Distance Run. Under the leadership of Liz Barclay we had our largest field and fastest times. And in another championship series event, Orv Pratt did a fantastic job on the Father's Day 10K. I wasn't down there ^{in Lock Haven,} but I've heard many compliments which I've taken credit for. Thank's Orv!
- * Keep your ears tuned to the Hotline this fall runners. We're going to have a couple of dynamite clinics: Back by popular demand is the So You Want To Run a Marathon.... clinic; also, we'll have a clinic in conjunction with the Severn River Half Marathon. This one will focus on self help and common sense in running injuries. I'm also looking for a corps of volunteers to help with this race. If your going to be in town that weekend (Sunday, Sept. 27) call us and lend a hand. If your going to run the race ask a family member or friend to help out.
- * Registration for the Annapolis Run closed June 1st, as announced. We reached our field of 2,000 runners on that date also. Walt Eilers is doing all he can to make this race even better than last year's. This is why registration closes early. This policy will probably hold for future years too; so tell your running friends to enter early each spring. This year's race, sponsored by Miller, features a top field of unpaid Maryland runners, a new out and back course; and a "runner's night" of films, shoe show, and spaghetti dinner, sponsored by Nike. Come on down to the Tawes Bldg. and join us. ~~Contact Nancy Waddington~~ Send Nancy Waddington \$4. for a dinner reservation in advance if you want a meal. (free beer) And, we still need workers for this race. I've just seen the special race workers T-shirt ^{which is} truly a collectors item. Call us and reserve one by vounteering.

BOARD ACTION



ANNAPOLIS RUN

Two thousand runners are entered in the 6th annual Annapolis Ten Mile Run. The two thousand runners have been entered since June 1 and since that date the race committee has been sending rejection notices.

"We are now beginning to get some well known runners," says Walt Eilers, Race Chairman. There were 100 spots reserved for invited runners. Some of these runners are: Kathy Heckman, Katy Consuelo, Ed Benham from Ocean City who holds the national record for the 10 mile race in his age group (he's 74). Ed will break 70 minutes. Also: Margaret Cochran, Mike Sabino from Baltimore (holds the world record for the 10-mile in the 50 and over age group), the entire Nike Alleghany running team, Walt Saeger (an Air Force runner of national standing), Mary Walsh (last year's winner), Anthony Greer and Tom Kelly from the U.S.N.A.

The race committee still needs volunteers. "We need people to help set up the race on Saturday, August 29th," says Walt. "We also need about 100 course monitors, because we have almost fifty street crossings in the race," he adds. To volunteer, call Don Waddington at

In addition, anyone who is willing to provide accommodations for one of our invited runners should call Don Waddington. You should offer at least bed and breakfast and hospitality and your help will be greatly appreciated.

"Everything is going according to plan," says Walt. "If you want to have a nice t-shirt that shows that you are part of the race committee, call Don to volunteer."

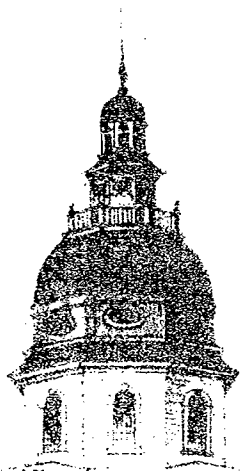
Walt would like to thank Nike, Miller Light and all of the other sponsors of the 6th annual Annapolis race.

A motion was made and approved that Striders purchase 3 dozen 100% cotton long-sleeved high neck shirts for cold weather running. We will have them silk-screened locally and then put them on sale at slightly above cost, - \$6.00 - 7.00. Rob Bushnell, Vice President, reviewed the details of the 4-color poaster commemorating the Annapolis Run proposed at a past board meeting: it would cost \$5.00 but be put on sale at \$10.00 at local galleries and other outlets and the artist designing the poaster would receive a set amount for each poster sold. A motion was made and passed that a contract be made with the artist to design the poster and upon approval of the design a total of not more than 400 poster will be ordered in conjunction with the run. Rob will be in charge of marketing the posters.

A motion was made and approved that the Striders adopt as a project of the Annapolis Run a cardio-vascular jogging program for the Annapolis Police Dept. to be developed jointly by the Dept. and the Striders and subject to Striders approval...On the matter of the Annapolis Run entry fee for the 1982 run, a motion was made and passed to raise the fee from \$5.00 to \$7.00.

Other actions and reports appear elsewhere in this newsletter.

The Annapolis Run will be videotaped. The tape will be shown at Buzzy's Pizza Parlor 2019 West Street on the night of the race.



YES STRIDERS ,

THE 6th ANNAPOLIS RUN IS COMING

The planning is almost complete for the August 30 (Sunday) ten miler. This year the race will be improved over last year's successful event. The course will actually run through downtown Annapolis. There will be outstanding running shorts as prizes, more beer, yogurt and watermelons will be ready. The course will be more challenging.

The Annapolis Run is the Striders' premier race. This is our chance to return the favor of offering a top quality race to other area runners.

In order to make the Annapolis Run work, we will need at least 250 volunteers. The best source of good volunteers is within the Striders' membership. We can't say not to run the race, but we can ask that every Strider pitch in on one of the following tasks:

- . help measure and mark the course
- . help stuff the race packet
- . help Saturday, August 29 at registration
- . help Saturday, August 29 at the spaghetti dinner
- . help Saturday, August 29 at the Stadium, set up
- . provide lodging for visiting runners
- . provide transportation for visiting runners
- . help enter runner information into computer
- . help with the confirmation mailing
- . work race day
- . direct parking at 6:00 a.m. Sunday
- . set up course at 5:30 a.m. Sunday
- . set up food, first aid, supplies at 7:00 a.m. Sunday
- . work as monitor on the course
- . work first aid area
- . help during Stadium and race clean-up
- . help in the finish chutes
- . help with the scoring
- . help mail the results
- . work a water stop
- . work with committee for run and awards

The above is only a partial list of all the help needed to make the Annapolis Run work. You can participate in more than one aspect.

Call Don Waddington at 956-2061 to volunteer!
or the Hot Line, 268-1165