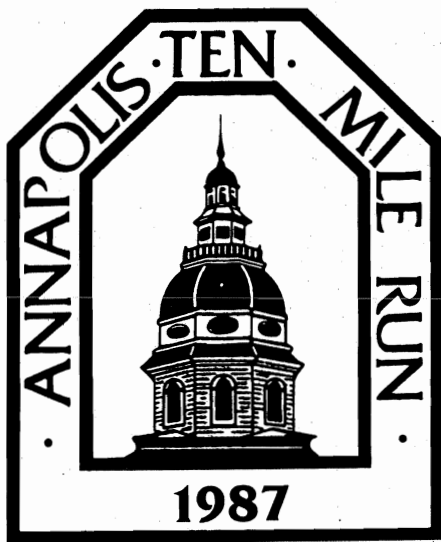


Annapolis Run

SPECIAL FEATURE

IN VIEW OF THE PAST AND THE PRESENT
THE FUTURE LOOKS BRIGHT...



1987--THE 12TH ANNAPOLIS 10-MILE RUN

As of this writing (July 13), it is likely that the 3,000 registration limit will be reached as of August 10. Check with the HOTLINE (268-1165) for latest details.

WORKERS may still sign up to work the race for race day. No experience necessary. Great tee shirt. Call Eleanor Elster 268-0982 to volunteer.

There will be no formal workers run. First of all, less than a quarter of the 300+ workers actually participate. Secondly, no measures are, or practically can be, taken to ensure the safety of the participants. Thirdly, anyone who wants to run the course with other Striders can do so any and every Sunday at 7:30 A.M. (meet at the Navy/Marine Corps Stadium). Fourthly, the workers race was originally established because we didn't think we could get enough volunteers to work the race unless an opportunity to run the course were provided. As the club consists of 15 times more members than participants in the workers run, we have plenty of members to work the race.

Volunteers and their families are invited to a picnic Saturday afternoon, August 22, at Key School. A fun run for runners of all skills and ages will be a feature of the picnic.

CITY AND STRIDERS FUND TRAIL PROJECT

Proceeds from the 11th Annapolis Run, a local 10-mile footrace, were recently donated to the City of Annapolis to add to funds set aside to improve a section of trail in Truxtun Park. The Park is the current site of a series of 10 Fun Runs sponsored by Katcef Brothers and the Department of Recreation and Parks. Mayor Callahan recently met with former Race Director Mike Van Beuren and Annapolis Strider President Evan Thomas. Together with Parks and Recreation Director Richard Callahan, they inspected the area to be improved by the Seabees later this summer.

With this donation, the City and Annapolis Striders hope to encourage a continuing process of trail upgrades at

Truxtun Park so that the citizens of Annapolis can better enjoy a stroll or run through the woods of Annapolis' largest park. Through the years, the condition of many of these footpaths along the banks of Spa Creek has been deteriorating by erosion and vandalism.

The Seabees will stabilize a steep embankment between the Griscom Center Ball Fields and the tennis courts and build a new bridge over a creek bed. A series of steps and other erosion-control features will be added under the direction of Recreation and Parks head Richard Callahan.

Van Beuren credited Mayor Callahan and Pamela Andersen of the Striders and the Department of Natural Resources with

making this project happen. According to Van Beuren, "Ms. Andersen was able to make the bridge between our club and the City. This is something new in the way a project like this is ordinarily done. Our funds come from the runners of the City and County who run in the streets during our yearly race in August. Many of them would enjoy being able to get off the streets and train on these trails."

Strider President Evan Thomas encourages more people to come down to the City's run series held at 6:00 p.m. Thursdays to take a look at the trails and participate in the 1 and 4-mile runs for children and adults. For more information, you may contact the Strider Hotline, 268-1165.

YE OLDE ROAD RACE

PRESTIGIOUS RACE BEGAN WITH MAGNIFICENT SEVEN

by Yvonne Aasen

The Annapolis Ten-Mile Run is a premier East Coast road race. This year on August 30, it will boast a full field of over 2500 runners.

It was not always so. The Annapolis Ten-Mile Run had an unpretentious beginning twelve years ago in Severna Park with just seven people competing. They were a group who called themselves the Severna Park Fun Runners: Randy Fox, John Astle, Bart Rohrbach, Debbie Fox, Phyllis Beardmore, Bonnie Phillips and Donna Jay.

The idea began with a challenge at a party on the eve of that first historic event. Those in the group were generally fit at a time when the fitness movement as we know it had just begun to flourish. The men were runners and the women aspiring Jackie Sorenson aerobics teachers. Amid the banter the challenge was thrown out, "If you think you're in such good shape, I'd like to see you run ten miles"!

They assembled the next morning at 6:00 A.M. in front of the Monumental Title Building on Ritchie Highway. Bud Beardmore was their race worker and support crew following in a station wagon. The route ended at the Annapolis City Dock Market House. Everyone was fit enough to finish, but Phyllis Beardmore had enough energy to do cartwheels on Ritchie Highway. John Astle was the first winner. He outdistanced Randy Fox with a burst of speed and the prophetic words, "Never let it be said that I didn't win the first Annapolis Ten-Mile Run." They all celebrated the race with post-race refreshments of doughnuts and coffee in the Market House.

The rest is history.

The next year, 1979, the race was organized with a bona fide race director, Randy Fox. He recruited sponsors: the Annapolis Racquet Club and Gatorade, and a local dry cleaners contributed safety pins for the race numbers. Someone even made a poster. Randy received permission from authorities to use the Severn River Bridge and Rt. 2 for the run. There were 97 runners in the second race.

The third and fourth years brought a

steadily growing field of more than 1000 and 1700 runners respectively. They ran for a cause - the benefit of the American Heart Association. The fourth year saw the race begin at Severna Park High School and finish in the Navy/Marine Corps Stadium. Dan Rincon, a University of Maryland track star, became a popular winner.

Year five saw the end of an era when the entire race was moved to Annapolis. The logistics of bussing thousands of runners made it more practical to begin and end at the Stadium and pass the leadership to the newly organized Annapolis Striders running club.

As the first race director, how does Randy Fox feel about becoming the father of the Annapolis Ten-Mile Run? "It gives me a lot of pride," he said. "The Striders have upgraded the quality of the race every year." He stressed that it has always been a difficult ten mile race and those entering should be physically fit and well trained.

Are the original seven Fun Runners still in good shape? Yes, all have maintained aerobic fitness. But one has gone farther. Fox began cross-training and competing in triathlons. In recent years he has completed the Iron Man, the Baltimore and the Oxford triathlons.

Once a year, just for fun, the original seven and a few invited guests make a nostalgic run over the original Severna Park to Annapolis Ten-Mile route. Please don't try to join them, however, they're not prepared to start the whole thing over again.

Editor's Note: This article first appeared in The Park News. Permission to reprint it has been granted by the publisher.

Any runner who would like to have the pleasure of running in Severna Park is invited to enter the Pennysaver Severna Park 5-Mile Run to be held on September 6 at Severna Park High School.

