

\*\*\* Although the 5TH ANNAPOLIS RUN has become a major regional event, peculiarly there is no-thing in this issue about it! The reason is that there is just too much to say about it and the scene has been changing on a daily basis. Nonetheless, in the event you happen to receive this before the Race, here are two points:

1. Sunday's workers may run the course for time on Saturday at 6:30AM. Car pool from the Stadium at 6AM.
2. Volunteers are still needed for Race day. Call Randy Fox, 956-5978.

On the other hand, if you are reading this after the Race, you should be aware that planning for the 6TH ANNAPOLIS RUN (August 30, 1981) will begin immediately. If have any suggestions or wish to serve on the Race Committee, call me now.

\*\*\* Gert Spadone and her committee conducted an excellent Women's Distance Festival Run on July 26th. The 5K distance proved to be very popular with all levels in the club. This should become an annual event - or at least until the IOC announces it will have a women's 5K, 10K and marathon in Los Angeles in '84!

\*\*\* The Truiston Park summer fun run series sponsored by City of Annapolis Recreation & Parks Department was very successful thanks to the direction and guidance of Al Cantello and Andy Butterfield. The Striders provided clinic speakers for each of these Wednesday events. If you participated, send Dick Callahan (of the City Rec. Dept.) a note telling him how much you enjoyed it and are looking forward to the '81 series.

\*\*\* The 3RD ANNUAL SEVERN RIVER RUN set for SUNDAY, SEPTEMBER 21st may be the LAST one due to the enforcement of a Navy regulation regarding sponsorship of Academy athletic teams and programs. You can help encourage continuation of the event by entering now. The Striders are helping by placing an entry form in each of the 2451 Annapolis Run race packets, by publishing one in this issue, and by forwarding one to each Annapolis Run "reject". In addition, Striders are needed to distribute the tee-shirts at the City Dock (the finish line). Call Jim Katceff to volunteer. (h) 224-2362 (w) 224-2391

\*\*\* Call the Striders Hot-Line for carpool information for area races. Events coming up which seem to be particularly popular with Striders are (9/6) Bottle & Cork 10M, (9/14) 3rd Great Subway Race RM, (9/21) Moving Comfort 10K, and (9/27) Virginia 10M. Note that the 2nd Annual Catoctin Run has been cancelled.

\*\*\* The Board of Directors wishes to clarify that the appearance of entry forms in the news- letter does not indicate a Strider endorsement of the event unless it is conducted by us. The forms are generally published for the convenience of club members who would wish to partici- pate. As another example, the King George 15M form is a paid ad. By the same token, the Stri- ders are not endorsing the new Nike magazine RUNNING. However, RUNNING will pay us \$3.00 for each subscription ordered on the form in this issue!

\*\*\* You will note on the race schedule that we have a sponsor for our 20K club championship on November 30th. T-shirts or one year subscriptions will be presented to 65 (!) participants in the RUNNING TIMES COLD TURKEY RUN.

\*\*\* Ben Moore's marathon training runs for women have been exceedingly popular. They will continue through the Fall at 7:00 A.M. Saturday and Sunday starting and finishing at Equitable Trust at the Annapolis Mall. Men may participate too as long as they don't interfere!

\*\*\* Watch for Training Chairman Eric Peltosalo's announcement of the seminar: "So You Want To Run a Marathon!". Also, Eric is close to being able to announce the details of the Striders' regular track work-out program.

\*\*\* Very few of you are taking the time to call in your racing results. Since June we've received only the following:

6/15 Columbia Birthday Half-Marathon:	Ray Harrison	83 Min, 40th overall, 4th Masters
	Ron Fisher	87 Min, 9th Masters
6/8 Antietam Battlefield 10K	Ron Fisher	39:11, 81 of 730
6/29 Clyde's American 10K	Ray Harrison	38:09, 1st in 45-49 category
	Judy Taylor	56:36
	Julie Taylor	78 min (9 years old)

\*\*\* The Secretary and Treasurer purged our membership rolls last week of all members whose dues were due January 1st through June 30th who had not paid. After two billings, we could only "assume" that these people no longer wished to be Striders. Nonetheless, the list included a number of Founding Members and other formally active members. If you see a Strider, ask him if he got this newsletter. If he didn't, tell him its because he's been dropped from the rolls and he should re-join immediately.

\*\*\* Remember, Striders who display a current membership card are entitled to a 10% discount on the list price of shoes purchased from:

#### ATHLETE'S CHOICE

120 Dock Street

Severna Park Mall

Columbia Mall

#### ATHLETE'S FOOT

47 West Street

(coming soon: downtown Baltimore)

At the beginning of the month, we communicated with all sporting goods stores and athletic clubs in the area but the ones above were the only ones who responded with a an offer for our members. If you deal with another store or belong to a racquet club, check out discounts or special offers for Striders and have them send a letter to our post office box confirming the offer. Tell them we have nearly 700 individual members!

\*\*\* Our mailing list has reached such proportions that even our modest June newsletter cost \$80 to mimeograph on private equipment. SAN CHASTAIN of BEST IMPRESSIONS on Randall Street made us an offer we couldn't refuse to photo offset print the newsletter. We are experimenting with this for a few issues. Please let us have your comments. In the meantime, thank Strider San Chastain for her consideration by letting her do your own personal printing work.

\*\*\* Let us hear from you. We're only as far away as your phone, 24-hours a day. This is your club and we are all volunteers. We need you to work as well as run in the events. Many events are scheduled for the Fall which do not have full race committees. Please volunteer now. Also, remember that the Board of Directors meetings are open to the club membership. They are held the second Monday of the month, 7:30 PM, 4th Floor, Arundel Center, Calvert Street.

Enjoy that Fall weather,

*Dick Hillman*