

the world of running. You have never seen pride until you see the faces of the beginning runners when they have finished their graduation 5k at the Women's Distance Festival. It was because of Evan Thomas and the Striders that this accomplishment was realized.

The Board of Directors had its first retreat to discuss the future direction of the club and map out its course.

Needless to say this year has been action packed and fun filled. However, the one common denominator is the success was based on the hard work and effort of a core group of volunteers. In 1998, the Annapolis Striders will face a new year of opportunities and challenges that at times will seem difficult. Through any difficulties it is comforting to know that we will rise to the top as we always have riding on the strength and effort of the club and it's volunteers. We are what we are based on the hard work of the volunteers. I would like to thank all those people who volunteered and contributed to another successful year.

Nominations for Annual Awards & Annual Meeting/Awards Banquet

It is that time of the year to submit your nominees for Runner of the Year, Most Improved Runner of the Year and Volunteer of the Year. If you have a fellow runner or yourself you would like to submit please do so by sending your information to the Annapolis Striders. We will be accepting nominees and deciding in February. The winners will be presented with their awards at our Annual Award Banquet in March of 1998.

The Annual Meeting & Awards Banquet will once again be at St. John's College. It is a great time for all.

Kudos to Annapolis Ten-Mile Run

The Annapolis Ten-Mile Run has been elected as the RRCA (Road Runners Club of America) Eastern Regional and State of Maryland Ten-Mile Championship Race. This is a tremendous honor for the Striders, as we will represent the RRCA in the Eastern Region.

Nominating Committee

The Nominating Committee will be busy over the next two months looking for candidates to fill officer and board

positions for the Striders. Anyone who is interested in the process of being a board member please contact Ron Bowman. Elected officers and board members will take over officially in April 1998.

The Nominating Committee consists of **Ron Bowman, Matt Mace, Will Meyers, Don Higdon, Jennifer Sullivan and Will Scott.**

It's Our Birthday!!!!

The Annapolis Striders will be celebrating its 20th birthday in 1998. The Striders were founded on the first Saturday in December of 1978. The founding members were Rob Bushnell, John Butterfield, Dick Hillman and Randy Fox. The first meeting was held on Super Bowl Sunday of 1979 with over 275 attendees. The club was developed to organize a community interest-in-running group at the Naval Academy. The group eventually merged with a smaller group called the Severna Park Runners to form the Annapolis Striders. The two groups developed the Annapolis Ten-Mile Run into a 1600 runner attended event within five years. The Annapolis Ten-Mile Run has raised over \$300,000 for charity over its lifespan.

In 1980 the Championship Series was first offered. The series included Strider community races of differing distances and challenges that were scored cumulatively with awards at the end of the year. The same tradition continues today.

In 1984 the first Governor's Bay Bridge Race was held with the Annapolis Striders assisting with the organization of the run. In 1987 the Striders officially adopted the leadership of the race and have done so to present. The race has raised over \$136,000 for the Chesapeake Bay Trust Fund since its conception.

In 1976 Moore's Marines was offered by Ben Moore through the Annapolis Striders and was one of the first marathon training programs available free to the running community.

The Striders have financially supported this program over the years to continue with its mission of promotion of long distance running.

Our mission has remained the same as our founding members created it in 1979: "To promote fitness and mental well being through the sport of long distance running."

Quit Your Pinchin'

I was recently at the new Strider breakfast gathering location, the Annapolis Mall Food Court, on a Saturday morning when I overheard a group complaining about the entry fee for the USMC Marathon. Having heard a very few complaints about the increased fee for the Annapolis Ten-Mile Run, my interest was peaked by the conversation. In my race director mode, I defended the fee and the Marines. Considering what a lot of 5k races charge for entry fees, \$35 for 26.2 miles and hours of support was not unreasonable. However, imagine my surprise when the Washington Post provided the necessary statistics to back up my position. Please review the costs involved in race management and reconsider the next time you want to pinch your pennies.

Why it Costs... To run in the Marine Corps. Marathon

(reprint from Washington Post)

■ Shirt/bib	\$7.90
■ Hat	2.25
■ Space Blanket	1.00
■ Timer Chip	2.75
■ Volunteer Shirts	1.85
■ Food	1.00
■ Medical Supplies	1.25
■ Printing/Postage	6.50
■ Police overtime	2.25
■ Buses/Metro	2.00
■ Advertising	1.50
■ Civilian organizers	6.25
■ Rent	2.00
■ Other	3.25
■ SubTotal	\$41.75
■ Less Sponsorship	6.75
■ Total	\$35.00



New Strider Website:

<http://calvin.arundel.aa.k12.md.us/~striders>