



WHO EVER SAID THE LIVIN' WAS EASY?

August is upon us! And with it preparations for the Annapolis Run reach fever pitch. This year, the 13th annual, we have new reasons to dedicate our efforts towards making this year's race the best ever. We welcome back the First National Bank of Maryland as a primary sponsor. Also back are Entre' Computers, the Sports Medicine Clinic of Annapolis, Historic Inns of Annapolis, and The Athlete's Foot. We appreciate the cooperation of the city of Annapolis and the Naval Academy. This year we also welcome the support of the Anne Arundel County Department of Parks and Recreation. Our county executive, Jim Lighthizer, plans to run the race and we hope he will assist us at the awards ceremony.

But most of all, we are delighted to welcome BUD LIGHT and Katcef Brothers Distributors of Annapolis as our principal sponsor. This means more tangible things for the runners to enjoy: BUD LIGHT beer, Eagle Brand snacks, and watermelons galore. It also means a sizable portion of the race proceeds will go to the Heart Fund to support the early screening/detection of heart problems in children. Therefore, we can feel doubly good about our efforts to make the Annapolis Run the best it can be--an excellent race for an excellent cause. Now, when the call for volunteers comes your way, please sign up to help. Even if you are running the race we can use your assistance the day before or during clean-up. In addition, when the opportunity presents itself, don't forget to say thank you to all those who help sponsor the race.

AT THE RACES: The Father's Day race this year drew a fine crowd and, of course, the same lovely humidity. To race directors, Ken and Sharon: Thanks for a good race--next year we'll get that random drawing for a vacation trip! Special thanks to Will Scott for his help with a runner stricken by the heat.

The Two-Person Ten-Mile Relay event more than doubled in entries this year, thanks to Bill Vogeniz and his whip. Speaking of the whip, anyone who survived the Wednesday night track sessions and managed to set a PR at a subsequent race should see me to collect their award.

Again, we tip our cap to Pat O'Brien for rallying big people and little people alike to the one-mile race--this year called The First Annual John Wall Memorial Track Run. It was one mile of hot fun!

Special thanks go to Jonas and Jean Legum for pulling off the Women's Distance Festival, the Run After the Women, and our first race involving wheelchair racers. This latter event was well received. It went well and had six competitors. All races were well contested on a very humid morning.

Coming up: Moore's Maines training starts the end of July. Annapolis Striders will sponsor--as we did last year--this year's marathon training effort. Leon Johnson and Johnson Pools will also help this' year by sponsoring the tee-shirts. Speaking of helping Ben needs people to put out the drinking water and cups along the training route. Even helping one Saturday or Sunday morning would be most appreciated.

The tragic death of Elaine Shereika has not been solved. The Striders Board voted to donate \$500 to support the Metro Crimestopper reward in this case. Also, the annual award for the most improved runner will be named in her honor. Look for a SAFETY article in this issue to remind everyone of common sense precautions to take in running.

Howard Beard, our long--suffering (and speedy) publicity chairman has had a change of jobs that will take him away on travel more than in the past. Accordingly, we are actively looking for that special person with a gift for the written word and an eye for public relations to take over this position soon after the Annapolis Run. A wink (is as good as a nod) to a board member will let us know if you are interested. Being really unscrupulous, we even take recommendations from third parties as to who might be right for the job.

And now for a word from Oscar Orthotic--Just as he started to get used to wearing these rock-like inserts, he forgot to take them out before a recent speed work evolution at the Community college. Result: pain in forefoot. Continued aches led to another visit to the podiatrist. "Hmm," sez he, "could be a stress fracture. Lay off for two weeks and come back." Since it did hurt some, it seemed a good way to escape Dr. Vogenitz's clutches. So, when not running, what to do but good old yard work. Pulling roots under the porch led to a sore back. Things probably would have been OK if we hadn't played golf the next day. Result: low back strain and beaucoup pain. Rest didn't help--even a week. Pain now extends down side of left leg. Visit to Sports Medicine Clinic. Exit Oscar, enter Donald Disk. X-ray didn't show anything definite. More rest. Several days later tingling in left foot turns to numbness in little toe and side of foot. Doc orders MRI (argh--isn't that what Frank Robinson had just before surgery?). To all this I say--enjoy your running and lend a positive thought or two for Donald Disk's speedy recovery.

RAFS you'all!

Evan Thomas,
President

