

Former Mayor Set To Direct 20th Annapolis Run in 1995

This just in . . . The Board has appointed Dick Hillman to direct the 20th Annapolis Run. Dick's association with Maryland's Premier 10 Mile Road Race (a phrase he invented) goes back a long way. In 1979 when the start was in Severna Park, Dick represented the Striders on the race committee headed by Randy Fox which made the smooth transition to full Strider ownership of the event from its originators, the ad hoc Severna Park Fun Runners. By 1987 when Dick was the Race Director, the race had tripled in size. Now having grown by another 1000 finishers since then, it is the 4th largest 10-miler in the country and remains the best organized foot race in Maryland.

Planning for the August 27th event has already begun. In addition to the basic challenge of conducting a race with 4000 participants, among other challenges awaiting the race committee this year are the proposed rebuilding of Main Street, the erosion of corporate sponsorships, the escalation of the Stadium fees, the perception that traffic requires improved management, the advent of fees for police coverage, the need for a new pre-race expo site, a system to ensure that only finishers receive the premium, etc. Dick is looking for a lot of good people to help. He has a job for everyone. He guarantees plenty of work, few meetings, plenty of support, a sense of real accomplishment, and a good time. Volunteer for the committee now. Call him at 263-1844.



Do you want to work or volunteer to promote grassroots running in the U.S.?

The Road Runners Club of America's

national office in Alexandria, Virginia is looking for some parttime help with general office work and accounting. We also would be pleased to welcome volunteer assistance. Any hours you donate will help tremendously - and it's fun! If you are interested, please call Anna (703) 836-0558

Recipe

SPICED WINTER FRUIT

- 1 (17 oz) can apricot halves, drained
- 1 (16 oz) can pear halves, drained
- 1 (16 oz) can peach slices, drained
- 1 (15 oz) can pineapple chunks, drained
- 1 (15 oz) jar applesauce
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 2 Tablespoons margarine



Arrange fruit in layers in an ungreased 3-4 quart baking dish; set aside. Pour applesauce in a small saucepan; cook uncovered for 5 minutes. Stir in cinnamon and nutmeg; pour over fruit. Dot with margarine. Bake at 350 for one hour. Yields 8 servings

discounts

SHOW YOUR MEMBERSHIP CARD and receive the following prerequisites of being an Annapolis Strider:

THE ATHLETE'S FOOT

Annapolis Mall next to JC Penny 410-224-3455. 10% discount on any non-sale shoe.

FOOT LOCKER

Annapolis Harbour Center 2572 Solomons Island Road 410-798-6068. 10% discount on any running shoe in stock at regular price. Note valid with any other coupon or promotionally priced merchandise.

A HEALTHIER YOU

815 Ritchie Highway, # 103, Severna Park 410-544-0583. 10% discount on one hour shiatsu session, an acupuncture treatment, fully clothed.

KIRBY CHIROPRACTIC CENTER

2110 Priest Bridge Road, #6, Crofton 410-721-5050. Complimentary consultation to discuss problem and courtesy examination in area of complaint along with treatment options. Dr Kibby will explain how chiropractic care is unique in its approach to musculoskeletal disorders.

BIKEBIZ

1651 Crofton Blvd., Suite 13 Crofton 410-793-0049. 5% off Bicycles and fitness equipment. 10% off clothing, parts, accessories, baby joggers.

MANDELL CHIROPRACTIC CLINIC

134 Holiday Court, Suite 309, Annapolis, Md 21401 410-266-3030. No charge initial consultation including computer muscle tests of quadriceps and hamstring muscles to determine unbalance or weakness. Call for appointment.