

16TH ANNUAL EVENT

The 1991 Annapolis Run

Preparations are already underway for this year's Annapolis Run. First off, we thank Ron Jarashow and his merry band for producing a super Bay Bridge Run again this year. When I asked who was in charge of the weather, he said he was. He also said he would sign on to be our weather guy for the A10. With that taken care of we can concentrate on more pressing matters for this year's race.

We will have the same course as last year and we were able to list the TAC certification # in the application this year. The finish line set-up will be much the same as last year except for increased fencing to enable the medical folks to have better access to finishers who may need some assistance.

We also have our sponsors to thank for letting us provide the level of support and amenities that our runners have come to expect in Annapolis: BUD LIGHT/Katcef Brothers Distributors, the First National Bank of Maryland, the Athlete's Foot, the Sports Medicine Center of Annapolis, EXCEED, Anne Arundel County Recreation and Parks Department, Snow Valley Spring Water, TCBY of Annapolis Mall, Nationwide Insurance and the Annapolis Ramada are all back this year and Poppets Toy Stores are getting me whistles at cost! With this backing and Supplex wind pants as a premium, runners are assured a good time in old Naptown this August.

To accomplish the task of hosting 3000+ runners, we will need a lot of help. Most of this we expect to get from you, the members (and family) of the Striders. Good news for workers this year is that those great workers t-shirts will be back again - optic yellow maybe?

The key to a successful event in enthusiasm. One reason people come back to run here is that, in addition to being genuinely concerned about their well being, we seem to be having as much fun as they are. I still say that if we want good races to go to out of town we had better put on a quality race ourselves. So, if you aren't running the race, we will be looking for you to help out in one way or



another. Even if you run it, there are things you can do other than race day. We found at the Bay Bridge quite a few folks who were not runners had a lot of fun helping with the finish line. We hope they come back. Generally, the event is a way to show off our part of the country to others.

Also, it is an event for all categories of runners to enjoy. We don't give prize money but we do offer free entry to some of the more gifted local athletes. The entry fee isn't cheap but finishers do get a quality premium and amenities after the race. With most of the proceeds going to the Heart Fund, we should all feel good about what we are doing.

Your race committee is working hard to pull a lot of loose ends together in time for the race. You will receive a volunteer form in the mail shortly, but to beat the rush and to put your bid in for those prime worker slots, why not call now to ensure we have your name. Sue Briers and Dennis Melton, volunteer coordinators extraordinaire, will be overjoyed to hear from you. Their numbers are 721-1442 and 626-0035, respectively. You may also call the Strider Hot Line, 268-1165. If there is a suggestion or asset you think we could use for the race, your friendly race director would be glad to hear about it. Phone ET at home on 760-9188. If you are going to a race out of town, please take a pile of A10 entry blanks with you. And don't forget the famous worker's picnic usually held a week before the race, complete with build your own ice cream sundae bar. Now if that doesn't get your motor running, we'll get you an appointment to check your pulse rate. New this year will be the number pickup, race expo, and spaghetti dinner on Saturday August 24th at the Annapolis Ramada.

So, good running to you this summer and be sure to let us know how you can help with the Annapolis Run this year. Many of our key personnel need assistants to coordinate various aspects of the race. It is a great way to learn what goes into a successful volunteer event. Once again we thank you for your support.

AT 0730 HOUR 12th Moore's Marine Training Begins July 27, '91

BY BEN MOORE

It's time again for some notes on the 12th Moore's Marine training season. Saturday, July 27th is the official starting date for this year's training session. All folks who want to run the Marine Corp Marathon, both veterans and first timers, are cautioned to have a good running base - 4-5 miles a day with no ill effects. You should be in overall good health. If you have any doubts about you health, I recommend a check-up with your doctor before you begin.

Our training schedule this year is oriented more towards first timers than it has been in the last few years. If your a veteran marathoner, modify the schedule to fit your training needs. We're alternating long runs - every other Saturday - to try and reduce the fatigue factor and risk of injury. It is enough training to get through a first marathon in good shape. However, if you're dreaming of running a 3:30 marathon, you will have to make adjustments to the schedule. First timers shouldn't worry about time. Just enjoy the marathon and run comfortably. Enjoy the crowds, the scenery, and the thrill of completing that distance!

Plan your pace! Race pace is going to be 15-20 seconds per mile slower than your training pace. To improve your performance, you must train hard and fast several days a week. The schedule is made up with this factor in mind.

Each person must be attuned to his/her body. If you're feeling exhausted, slack off, rest up, and try another day. Don't be afraid to take off! It won't hurt you to take even a week off.

Annapolis Striders are making a show in marathons all over the country. There were 11 Striders running Boston this year. See E.T.'s Striders on the Road for their times. Just ask any of these folks about training and running marathons. There are all kinds of information available from this bunch. Just run with them or corner them in Hardees on West Street after the run each Saturday.

See you on 450!