

From The President:

It hardly seems like our club has been in existence for six months already, but it has. We have come a long way during this time, and hopefully, we will do a lot more over the next half year. We have accumulated a lot of equipment which we needed and which will improve the quality of our runs. Along with the Severna Park Fun Runners, we have finalized most of the planning for the Annapolis 10-Miler to be run on August 26th. This should prove to be a quality race, and it is my hope that as many of us as possible will participate, either as a runner or as a worker — we need both!

Attendance at our runs/races has improved considerably, but it could still be better. In an effort to try to meet the needs of all our members, our fall schedule has been designed to try and provide a little something for everyone. Our shorter fun runs will be geared to those of you who may still be "closet runners". These runs will be for the purpose of getting you started the right way and will be conducted by some of our more experienced members. These runs should be of benefit to those of you just beginning and should prevent you from developing a lot of bad habits as well as answer a lot of your questions. Come on out!

In an effort to accomodate those of you with marathon aspirations, we will conduct a clinic geared toward the "first time marathoner" to be followed by a series of training runs culminating with the Marine Marathon (specific details elsewhere in this newsletter). This program will require that you have a base of at least 10 miles. Those of you having accomplished that, I hope to see at our clinic.

As you can see, we have a very ambitious fall planned, and with your cooperation, it will be successful. Any questions you may have, I am at your disposal, so don't hesitate to call. I can usually be reached after 7:00 p.m. at 267-0269. See you on the roads!

Ron

So You Want To Run A Marathon!

Clinic for first time marathoners conducted by experienced club members to be followed by a series of long training runs concluding with the Marine Marathon or the marathon of your choice. Runners for this program should be able to do one 10-miler a week as a base.

USNA - August 30th

Chauvenet Hall - Room 116 - 7:30 p.m.
(learn to enjoy the agony of defeat)

Discount Corner

Athletes Foot - Annapolis

10% off to all members
on cash sales - shoes only!

Athletes Choice - City Dock

10% off to all members
on all purchases

Ski House - Rt. 50 toward Bay Bridge

10% off to all members on all
purchases - \$5.00 off on resale
sales. Sign up for preferred
customer status at store.

4th ANNUAL ANNAPOLIS 10 MILE RUN

SUNDAY, AUGUST 26, 1979-7:30 a.m.



Less than one month remains until the biggest public event in the brief history of the Annapolis Striders. We are co-conducting the 4TH ANNUAL ANNAPOLIS 10 MILE RUN with the SEVERNA PARK FUN RUNNERS. Many Striders have been working on the planning and administration of this Race since late February. The Race Director, Randy Fox, is also a Strider. The net proceeds of the event will be used by the American Heart Association to purchase a defibrillator to facilitate and expand a jogging program for cardiac patients conducted at the Anne Arundel Community College. Twelve hundred people from all over the east coast have already entered this classic road race. No more than 2000 runners will be accepted. The Run was planned and is being conducted under the sanctioning guidelines adopted by the Road Runners Club of America in New Orleans in February. Furthermore, the organizers have addressed each of the 20 key elements listed in the article entitled "What Does It Take To be The Best" of the April, 1979, Runner's World.

REGISTRATION DEADLINE IS MIDNIGHT, SUNDAY, AUGUST 5, 1979

The Annapolis Striders will be conducting two more formal training runs for entrants on Sunday, August 5th and Sunday, August 19th at 8:30 AM at the Annapolis Racquet Club. There will be a pool party for entrants following the run on the 19th. An open house at the Annapolis Racquet Club for entrants to pick up their registrations packets will be held Saturday, August 25th, 5 PM to 9 PM. All entrants will receive a thorough and comprehensive information and confirmation sheet by August 12th.

ENTER NOW!

Annapolis Strider entrants should seriously consider wearing the club T-shirt or tank top in the Race on the 26th. Use the membership application in this issue as an order form or stop at the Athlete's Foot on West Street to get your shirt. Both items are quite distinctive and are sold by the club at cost.

While ALL Striders are primarily encouraged to enter the Race, we do have another means through which you can participate. If you are injured or if you have some other "legitimate" excuse for not running, you may receive dispensation by offering your services as a worker. It takes a lot of people to make a race a successful, safe, and memorable event. Spouses, kids, parents, neighbors, and friends are also encouraged to volunteer. We're counting on YOU. **CALL NOW,**

<u>TASK</u>	<u>LOCATION</u>	<u>#</u>	<u>SUPERVISOR</u>	
Registration	Ann. Racq. Club [8/25]	10	Donna Jay	647-6635
	<u>SUNDAY, 8/26:</u>			
Registration	Sev Pk Hi Sch	10	Donna Jay	647-6635
Set-Up & Clean-Up	Navy Stadium	10	Herb LeMoyne	841-6258
Parking Monitors	Sev Pk Hi Sch	15	Jim Magliano	647-8957
Aid Stops	Along Course	30	Scott Jay	647-6635
Splits	Along Course	10	Rob Bushnell	263-6241 269-3656
Security Monitors	Navy Stadium	10	Jim Magliano	647-8957
Chute-Workers	Navy Stadium	25	Jim Magliano	647-8957
Refreshments	Navy Stadium	25	Shirley Lieberman	269-0145
Public Address Spotters	Navy Stadium	5	Dick Hillman	269-0253 224-1316