

# MIKE'S MEMOIRS

\* Over hill, over dale—the Truxtun Park Fun Runs continue every Wednesday evening at 6 PM through August 18. This year the events are starting down near the boat ramp. Evenings open with a 1 and 2 Mile fun run followed by a 4 mile run. Bring your cross-country shoes, an appetite for watermelon and 50¢ per event.

\* Nancy Waddington has volunteered to be the race director for the Women's Distance Festival 5K on July 24 at 8 AM. This guarantees that the event will be top notch. Tell all your reluctant friends and "closet" joggers that this is an event for them. This race is open to both sexes.

\* Informal track workouts are being held every Tuesday and Thursday at 6 PM at the outdoor Naval Academy track, Ingram Field. If you have a hankerin' to burn a few 400s or slip into a routine of doing some speedwork, come on down—the crowd is growing and friendly.

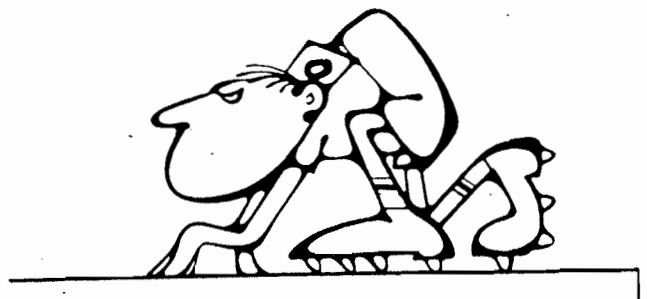
\* The 24-Hour Relay advertised in the last Streak will be held on August 7 and 8, noon to noon. Here are the names of people who have told me they'd like to run (others please get in touch soon): Betty Impellizzeri; Delma Miller, Louise Zeitlin, Karen Chapin, Nancy Waddington, Amy Mathews, Trudy Trumpy, Betty Moore, Patty Pruckenmiller and 5 of her high school teammates. Also Leonard Cohen; Walt Eilers, Winnie Hittle, Ben Moore, Ray Boileau, Mark Yerkes, Warren Cooper, Eric Peltosalo, Ben Mathews, Don Kennedy, Ken Kimble, John Koehler, Sandy Quillen, Bill Miller, Earl Scott, Don Waddington, Bill Law, and Bill Vogenitz. Do I have you all? We should have a great time! The bad

news is that only one person has volunteered to be a timer. REMEMBER, FOR EVERY RUNNER THERE HAS TO BE A TIMER WHO IS NOT ALSO A RUNNER. Each of you who have said you'll run must find a timer.



\* The Annapolis Run registration is closed; 2700 runners have been accepted and many others turned away. Please do not call to try to get into this race at this point. I hate playing the "bad guy" by saying "no." You can still have a part in the race, however, volunteering to work. Dick Hillman, volunteers coordinator, has had a great response so far, but he reported that we need more people to volunteer during the race—most want to work before or after. Pick up the phone today if you haven't already done so; call the Hotline 268-1165 and volunteer for some job before, during, or after the race. Its going to be an exciting day whether you run or work the race.

*Keep Me Pace,  
Mike van Beuren*



7th Annapolis Run Sunday, August 29, 1982 7:30 a.m.

John Gudas, Race Director  
54 Southgate Avenue  
Annapolis, Maryland 21401  
(301) 263-9664



28 June, 1982

#### WORDS FROM THE DIRECTOR III

It is just two months until the 7th Annapolis Run, and the organizing committee is busy with the details of this major event. In case you haven't heard, the field was filled (and then some) on Memorial Day weekend. By the time all June 1 entries were processed, we had over 2700 entrants. Gert and Dan Spadone have unselfishly dedicated their time and one room of their home to processing these entries--thanks much to the Spadones. If you entered, you should have received Liz Barclay's first-class confirmation letter by now. Again, her extra efforts will surely benefit all runners. T.D. Johnson has already completed the ordering of windbreakers, awards, and trophies, again with the assistance of Bob Bridges. These long term preparatory efforts have allowed us to now focus on the mechanics of guiding 2700 runners over the course.

The best news is from Dick Hillman. He tells me that volunteers are stepping forward enthusiastically. We need much more support, particularly in the areas of course monitors, stadium monitors, cleanup and windbreaker distribution. Please call the Hotline and volunteer your services before Hizzoner calls you. Also we need pickup and stake-body trucks for the entire race weekend-- call Don Waddington or Fred Betz, or the Hotline if you can help.

During July we are hoping to complete the canvassing of the membership for race volunteers. Please read the June STREAK and give the Hotline a call. With the sponsorship of LITE, First National Bank of Maryland and NIKE, and the efforts of the Striders, I am convinced that we can hold a first class race again. I'll close with the nearly-immortal words of Walt Eilers--"Nobody said this would be easy".

# "MY FAVORITE RACE"

## KUDOS FOR ANNAPOLIS 10 MILER

This is an account of last year's Annapolis 10 Mile Run written by Ken Martin, editor of The Rundown, Virginia Beach Striders running club. Its interesting to see our race through the eyes of an out-of-towner.

The sixth annual Annapolis 10-Mile Run was held Sunday, August 30. Several Striders participated in the run, which began at 7:30 a.m. on a warm, muggy morning. The course was almost completely different from the point-to-point course we ran last year. This solved the parking problem for those who parked at the start of last year's race.

This year, the course began and ended at the Naval Academy football stadium, where the parking, bathroom facilities, and concession areas were almost unlimited.

The first Annapolis 10-Miler was held in 1976 with only 8 runners participating. This year, 1,422 of the 2,000 starters were able to finish the race. Temperatures throughout the race ranged in the 70s, with very high humidity (rain began just after the awards ceremony).

The race itself began with Annapolis Mayor Richard Hillman firing the starting gun. (He also joined us in the run and finished in a very respectable 69:37.) After leaving the football stadium, the course headed straight for the majestic state capitol in downtown Annapolis. After going around the Capitol building, we headed down the cobblestoned (watch your step!) Main Street to the restored old market area near the docks and the two mile point. Next, we ran past the Naval Academy, although we couldn't see much of it because of a high stone wall (we would be able to get a much better view later while crossing the Severn River). At the 3½ mile point we crossed the 1/2 mile long Severn River Bridge, providing quite a sight to the crabbers and fishermen gathered along the bridge railings. Miles 4 through 8 were run through pleasant residential neighborhoods. This part of the course was where the hills came into play. Near the 4 and 7½ mile points these short but steep hills severely tested most of the runners, who were already being weakened by the high humidity. After 8 miles, we recrossed the bridge and headed for home at the stadium.

Upon entering the stadium, we were greeted with the sight of a 30-foot high bottle of Miller High Life in the center of the football field! Most of us knew the heat must be really getting to us by now, so we concluded it must be a mirage. It turned out to be real, though, as Miller supplied free beer after the race.

Free yogurt was also given, and each runner received running shorts for participating. We liked the Annapolis 10-Mile singlets given out last year better, but now we have a full running outfit!

Gary Siriano of Pittsburgh won the race by 52 seconds in a time of 48:59. Eleanor Simonsick of Cherry Hills, New Jersey, had an even easier time winning the women's division. Her 59:95 beat the second place woman by 2½ minutes.

Congratulations to the Annapolis Striders on an excellent race. The numerous water stops were welcome and very necessary on this oppressive morning. Our only complaint was the lack of awards to the age groups and only one open award to the top runners. There were only 6 men's and five women's divisions, with awards to the top 3 (compared to top 15 at Lynchburg).

If you want to go next year, sign up early; entries closed June 1 this year.

-Ken Martin

