

MIKE'S MEMOIRS

* This issue of the Streak is the first under the new leadership of Yvonne Aasen, former editorial assistant to Alice Weathersbee. We all thank Alice for the marvellous job she has done in producing (and even naming!) the Streak. The newsletter has become a more frequent and better looking publication under her direction. We can only hope that she has some time to help with future issues.

* I thank you all for the confidence you've put in me by re-electing me president of the Striders. It's been a pleasure working for the club. My major hope for this year is that we can get more Striders involved in putting on our events. Race director, Don Waddington has been shouldering too much of the load. All that is required is the dedication of time and effort—no experience is necessary!—Come to the next race committee meeting or just pick up the phone sometime soon and volunteer.

* This summer the Striders will host the Wednesday evening Truxtun Park series. The schedule will include fun-runs and short races held weekly from mid-June through mid-August. Look for a circular to be mailed soon; again, volunteers are needed. Each Wednesday will feature a two-event program so you can run one and work the other if you'd like. Call the HOT-LINE or 263-8125.

* The Annapolis Run will close registration on June 1 if the field limit of 2500 is not reached before that date. If you or someone you know wants to enter, do so immediately.

All finishers will receive an Annapolis Run jacket to add to their burgeoning wardrobes. I am told that the pre-race spaghetti dinner is to be an all you can eat affair—I'm already getting my appetite in training! The Striders will also host training runs to help us get ready for the big day. See our events calendar for more details.

* The Cherry Pit 10 Mile was a huge success. Times were slowed considerably by the gale-force winds, but everyone seemed to be able to fight his way back to the finish line. The majority of the proceeds for the race will be donated to the South River High School Track program.

* For those who couldn't make it to the Annual Membership Meeting and Handicap 10K: young John Shaw was the race winner. There was a fine slide presentation on the Annapolis Run presented by Nancy Jordan and the sumptuous pot luck supper was super-delicious. Also the Striders were host to three French runners who were on their way to Florida on foot! These engaging young men had to spend an extra two days in Annapolis as one had to be treated for tendonitis developed in the first week of their run. I heard from them after they left and all was going well. By this time they should have completed their trek and are on their way home to write a book about the experience. The run was undertaken as a sports-medical research venture and also as a way to promote running in France. Running is now booming in Europe in the same proportions as it did here a few years ago.

In Stride,

Mike

ANNAPOLIS 10 MILE RUN

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

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



THOUGHTS ON THE 7TH ANNAPOLIS RUN (II)

Planning for the 7th Annapolis Run is progressing smoothly. In February, Liz Barclay secured the sponsorship of 1st National Bank of Maryland. When this was combined with the sponsorship of Chesapeake Bay Distributor, and NIKE, the organizing committee found it possible to offer a nylon windbreaker to each finisher.

Application forms have been distributed since mid-March. You received a copy recently in the mail. The field of 2500 was half-filled by May 1, so enter right away. If you have already entered, please pass this application on to another runner. We are really hoping for a full field, with plenty of local representation.

In this issue of the Streak you will find Dick Hillman's words on volunteer requirements for the Annapolis Run. As the race gains in popularity and size, the demands on the Striders increase. We all face the dilemma of running the race versus volunteering assistance toward the race. This year, all Striders will be contacted and requested to volunteer for some specific function—the choice is yours. Please review the requirements detailed by Dick, and decide what you would really like to do. Note that some activities (registration, scoring, packet preparations, etc.) take place prior to, or after the race, thus allowing you to run on August 29.

Many Striders have already stepped forward and volunteered to work on Race Day. If you plan to do so, please enter the race officially as well. We are planning to have a "Committee Run" the Sunday prior to the race, and this will qualify you for a windbreaker. All volunteers will also receive a special T-shirt for use on race-day, and at chic parties thereafter. The "Committee Run" is great fun and included over 65 runners last year. Yours truly not only established a PR but an American Record for pronating Hoosier-born Lithuanians with extreme foot slap. We hope to expand this run to include all race-day workers.

We now have nifty posters publicizing the 7th Annapolis Run. If you want one for display (particularly in Annapolis) please give me a call (267-3654). As the registration phase of the run concludes, we are shifting our focus to the actual details of the race. Please consider where you can help, and be prepared to volunteer when we call.

Good Running,

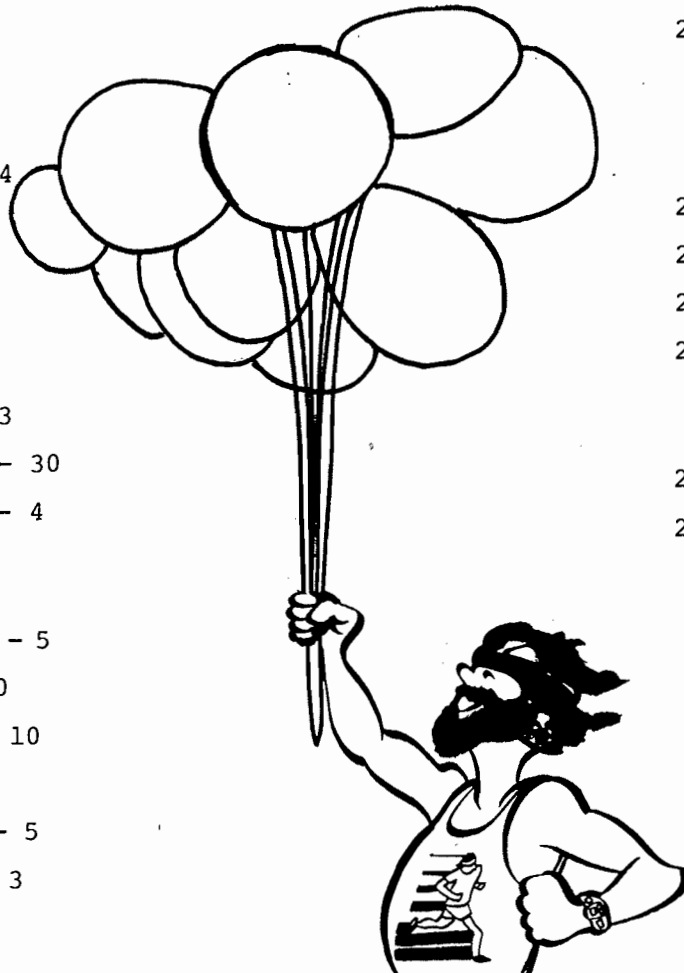
John Gudas



WE NEED YOU !!

The three Annapolis Runs in which the Striders have participated were successful because of one ingredient: the dedication of the volunteers. The 7th Annapolis Run will have the largest field in the history of 10 mile road racing events in Maryland. Again, the race can only succeed with the generous help of our Strider membership. Our "club" makes few demands on most of the members during the year but we do ask, in fact, insist that you "volunteer" to help with this event. It matters not whether you are entered in the race or are even a runner at all! We can use you, your spouse, your children, your parents, your neighbors, and even your mother-in-law. My job as Volunteers Coordinator is to call each of you before July to learn what (not if) you want to do for the race. You can make my job easier by considering the assignments listed below and by being prepared to make your choice when I call. Better still, as you read this, call the HOTLINE (268-1165) now and give your name, phone numbers, and your choice of assignment. For those who are entered in the race, you should choose numbers 14, 19a, 19b, 20a, 20b, or 23. Note that one person can handle several assignments.

1. Course monitors - 36
2. Timers - 9
3. Counters - 2
4. Checkpoint recorders - 4
5. CB operators - 5
6. Course first aid - 7
7. Van drivers - 3
8. Truck drivers - 2
9. Water station bosses - 3
10. Water station workers - 30
11. Aides to course dir. - 4
12. Parking & crowd control monitors - 20
13. Starting line monitors - 5
14. Clean-up battalion - 10
15. Finish line monitors - 10
16. Finish line aides - 20
17. Radio broadcast aides - 5
18. Public address aides - 3
19. Registration
 - a. Keypunch - 10
 - b. Race eve - 5
 - c. Race day - 5



20. Packets
 - a. Assembly - 10
 - b. Race eve - 10
 - c. Race day - 10
21. Jacket dist. - 10
22. Scoring - 20
23. Results tab. - 20
24. Medical
 - a. Doctors - 2
 - b. Nurses - 4
25. Awards - 10
26. Other - ?

Dick Hillman, Volunteers Coordinator