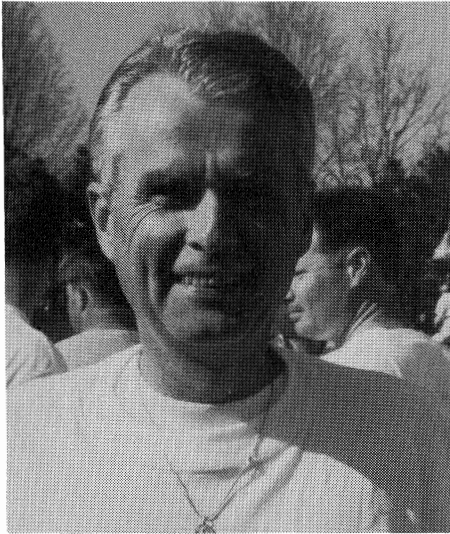


PRESIDENT'S MESSAGE



Evan Thomas, Club President

E.T.'s Trailings

Junior Striders

Roger Hebden and his crew put on a solid program this year and the turnout has been wonderful. You get a good energy boost just going to one of these events and seeing our future runners go through the races.

We also support the Metro Harriers Track and Field summer series at North County HS.

Beginning Running

We had the biggest turnout ever this year. Just fewer than 100 have been out there at one time or another. We gained over 60 new members and a number of renewals this year. "Graduation is the WDF/RATW 5K at West Annapolis Elementary. Thanks to Gary Lidard of the Athlete's Foot who came out with a New Balance shoe representative and regaled the "new meat" with the low down on how to buy shoes. I know they all look real sharp now. Thanks also to Dick Hillman for another of his unique "How to Dress for Success in Running" presentations. See pictures this issue. It is a true classic and something we could have used when starting out. More thanks to Erin Horan of the Capital for a nice article featuring some of the new runners and our staff. So, if you see any of our graduates in their spiffy t-shirts from the program, give them a big "oorahh"!

Scholarship Awards

We hope to award this year's scholarships to the lucky recipients at the Dog Days 8K. The awards go to deserving club

members who are students at AACC. The award totals about one semester's worth of tuition for a full time student and we enjoy providing this support to boost the sport of running in the county.

New Reporter for "On the Road" and "Where the Races Are"

Ray Wyvill has agreed to carry on the tradition of reporting Striders' exploits on, off, and all over the road. So, let's get him started by sending all your out of town results to him at rayvil@aol.com. Or mail to P.O. Box 240, Shady Side, MD 20764.

Father's Day 10K

Another fine day in Glen Burnie. We hit the 500-finisher mark again this year. Use of the RaceTrac software for scoring was demonstrated again. Basic data entry was a snap, but with such a large race-day sign up (175), we had to go back afterwards and fill in the rest of the details. We have it on good authority that things won't change too much now that North Arundel Hospital has merged with the University of Maryland Health System. We raised a new record of over \$8,000 this year for the Cardiac Rehabilitation Center.

Annapolis Run

We are famous. The Runner's World article appeared and put the spotlight on the city and the event. Entitled "Capital Punishment", the story told how tough the race was and how amazed the author was that people come back year after year to do it. We filled the race in record time, even with an extra 1000 entrants. With such a nice premium, we expect to have a record number of finishers. We put a heavy emphasis on using on-line registration in one form or another. In fact, we didn't print an actual form this year. There were some photocopied forms sent out. This seems to have created some consternation among some accustomed to using the paper method. If you think we should use both methods (electronic and paper) or just electronic, we'd like to hear from you. We don't want to exclude people who don't have or choose not to use on-line sign-up. It looks like we could have had the paper version of the entries available sooner (they were not ready when on-line registration opened). And, charging club members a fee just to get an application doesn't seem necessary. At any rate, let us hear what your thoughts are. That is the only way we can judge the pulse of the membership.

Prediction Run

You will see a separate item about the first prediction run held Memorial Day Monday at Kinder Park. Nice venue but we need a better date. Suggestions? Remember, anyone can win this race! Looking for a certified 5K course? Go to Kinder Park and proceed straight ahead to the two pavilions at the end of the road. Park and take the dirt road to the asphalt path that circles the park. About 10 yards to the left of the intersection of the road with trail you will see a S/F 5K painted on the left hand side of the path. Start running away from the pavilion and stay on the trail until you reach a dirt road on your right (about 2/10 of a mile). Leave the path and run down the road – it will loop around until it intersects the dirt road leading to the pavilions. Stay right until you see the asphalt path and then turn left. Follow the path the rest of the way around the park until you return to where you started. Miles are marked on the path on the right. Enjoy.

RRCA Convention

Ron Bowman, Lynn Hopkins and I showed the club colors at the annual RRCA Convention held this year in Peachtree City, GA. Just south of Atlanta, this was a good location for many folks. It is a planned community of the Columbia type with many trails and paths connecting everything. Being a golfing community, it is possible to travel just about everywhere using a golf cart. You do, however, have to watch out for those gray panthers behind the wheel as they may run you off the trail!

The usual assortment of workshops was on tap. I was pressed into service on the Club and Race Management session. This afforded Ron an opportunity to hold forth on the benefits of using the chip. I expect a separate session next year on that topic. Many clubs were interested in how they could acquire and use the system. If the price continues to come down, more clubs may be able to take advantage of it. There is only one other club that has the technology as far as we could determine.

Again we found that the Striders are among the most financially solid clubs and our programs are models for others to follow. We have new officers for the RRCA: Freddi Carlip of Pennsylvania and the Runner's Gazette publisher is the new President succeeding Don Kardong. Beverly Coville is the new Vice President. We encountered many familiar faces and met some new ones. I think we got a lot of folks thinking about stepping up to the chip technology and encouraged others to