

*Annapolis
Striders*



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Why join ANNAPOLIS STRIDERS???????

To be "in" on the "in thing" at the very beginning!
To save money.....on equipment, publications, entry fees!

Those might be two of the more important reasons to many people for wanting to become a charter member of the freshly-founded, fun-running organization in the Annapolis area, but one could easily compile a lengthy laundry list of reasons to amplify further reasons "why?" I shall offer a few ideas of my own.

1. The club will hold frequent fun-runs, training get-togethers, races, etc. to help you get in shape.....or stay there!
2. The aforementioned programs will give you incentive to stick with it, and provide company for you to log in a few more miles.
3. Jogging and running activities are excellent as a supplement for other athletic activities, and they complement most other sports or hobbies (probably the one exception is highly competitive swimming and a lot of long distance running are not usually the best mix).
4. Provides information and tips (previous "reason" may serve as a small example) which may be useful for one's fitness and exercise program.
5. The camaraderie and social aspects may come to be some of the alltime great benefits of the Striders.

Most "old hands".....maybe we should say "feet".....who have been around the Roadrunner 'n Jogging scene for some time swear that one of the neatest things about "on the run" is the circle of super people you meet. Most runners are down to earth (m-m-m-m....guess they have to be!). They are real folks and not phoney:.....one can not easily hide in this sport. Most runners are just happy to see others out there putting one foot in front of the other--no one puts anybody down regardless of speed or ability--and you do not have to have money, social connections, or be "important" to find a niche in the running community.....all are welcomed with open arms..... and of course with running-shoe clad feet.

I think I should like to say something about what we, the ANNAPOLIS STRIDERS, are not! We are not out to make everyone a marathoner, a 4 minute miler, a racer with a sharp edge, a hard-nosed competitor. Rather, the emphasis is on fun and fitness, taking up a sport and activity which seems so natural and good for you, providing you with some programs and activities which may serve as incentives, goals, or simply fun athletic 'n social occasions. For those who do want to take up racing, members will have all the info about where to go and what is going on. For most who are more concerned with good health, fitness, and feeling better about themselves, ANNAPOLIS STRIDERS definitely has something to offer. We do not guarantee fun at the outset, and you won't get instant fitness from us.....but with a little commitment and dedication, we think you'll discover lots of plus's and eventually it can become fun.

John Butterfield

CLUB RUNNING SCHEDULE
 CLUB RUNS - CR CLUB RACES - CLRA

As an initial start, your Club has scheduled Club Runs (CR) to be conducted approximately every two (2) weeks commencing January 21, 1979. The Club runs will be conducted as training runs with times given for all finishers. A Club Race (CLRA) will be scheduled approximately one a month. These races will be competitive in nature but everyone is encouraged to participate. Runs of different distances from one (1) mile to eight (8) miles to be conducted at various sites around Annapolis are planned.

Remember, this is just a start. We want to schedule events that you want, so attend our meetings and sound off.

<u>DAY</u>	<u>TIME</u>	<u>DATE</u>	<u>PLACE</u>	<u>DISTANCE</u>	<u>TYPE RUN</u>
Sunday	1:30-3:00PM	Jan. 21.	USNA (FH)	1M-2M-4M	CR
Sunday	1:30-3:00PM	Feb. 4.	USNA (FH)	1M-3M-5M	CR
Sunday	1:30-3:00PM	Feb. 18.	AACC (PRKWY)	2M-10K	CLRA
Sunday	1:30-3:00PM	Mar. 4.	RTE.450-MW	1M-5K-10K	CR
Sunday	1:30-3:00PM	Mar. 18.	NAVY STADIUM	2M-4M-10K	CR

FH - FIELD HOUSE

AACC - Anne Arundel Community College (College Parkway)

MW - Montgomery Wards

□ □ " HISTORY " OF THE ANNAPOLIS STRIDERS □ □ □ □

For nearly a year, the establishment of a running club has been actively discussed and bantered about on the streets and in the taverns of Annapolis. The unprecedented turnout for the both the Annapolis 10 Miler down the Ritchie Highway in late August and the Severn River Run through the Naval Academy in early September banished all lingering doubts of the ultimate success of organized running here. History does record an earlier attempt, the Annapolis Roadrunners, who exhausted after a two year struggle in 1973.

It seemed that each individual who achieved some local running prominence was reluctant to from the club for fear of getting "stuck" running all the races! Finally, with the general election out of the way, Dick Hillman and Rob Bushnell contacted certain runners who had expressed a sincere desire to help organize a club. A meeting was schedule for the front of Halsey Field House at the United States Naval Academy on Saturday, December 8, 1978. Rob was late and it rained! John Butterfield invited the group to his office in Nimitz Hall. Ben Moore and Ron Fisher brought the doughnuts. Bob Bridges, Judy Lawson, Jim Bradner (of the original club), and Mike VanBueren were also present. The Annapolis Striders was born.

The group passed the "gavel" like a hot potato. Finally, "volunteers" for interim officers stepped forward: President - Rob Bushnell, a planner with the Department of Natural Resources; Vice-President - Bob Bridges, operater of the Athlete's Foot on West Street; Secretary - Dick Hillman, Deputy County Solicitor; Treasurer - Jim Bradner, re-tired Army Lt. Col. and grad student at American University; and Race Director - Ben Moore, retired Marine Lt. Col. and professional land surveyer with J. R. McCrone on Ridgely Avenue. January 21st was established as the founding membership meeting date and March selected for the "annual meeting" and election of officers.

Purposes of the Annapolis Striders were discussed as first priority. The single purpose established was: to foster physical fitness and mental well-being through long distance running. In other words, the purpose would be serious running and jogging not competition, socializing, or status.

"Annapolis" was chosen instead of "Crabtown" or some other nickname or broader geographical designation, because the group felt the club should be identified directly with the town itself. "Striders" was preferred over "runners" or "roadrunners" because it had a more relaxed connotation and would be more conducive to encouraging novices.

Incorporation as a non-profit charitable corporation was approved. The group also authorized affiliation with the Road Runners Club of America and an application for qualification as charitable organization under Section 501(c)(3) of the Internal Revenue Code.

The next meeting was held less than a week later. Don McFarland joined the group at this point. Brief by-laws in keeping with the tradition of regional running clubs were adopted. A dues schedule similar to the Baltimore Roadrunners was also approved.

The Treasurer was authorized to open a bank account (Farmers National) and his address (3126 Port Way, Annapolis, MD 21403) was designated as the official address of the group rather than renting a post office box. Other administrative details were also addressed.

Articles of Incorporation were prepared and the organization officially became the "ANNAPOLIS STRIDERS, INC." at 2:00 PM on December 28th. The application, since acknowledged, for affiliation with RRCA was submitted that date. The exorbitant charter fee of \$10.00 accompanied the application!

A Board meeting to plan the January 21st agenda was held in early January. Al Cannello (Academy cross country coach), Walt and Philip Eilers, and John Kurpjuweit (newsletter editor) were also present. Running schedules were discussed and one was approved. A logo consisting of a crab with running shoes (a different brand on each leg!) was discussed and its creation was commissioned. The ordering of T-shirts and other paraphernalia was discussed. Membership cards will be available for distribution by the time of the Annual Meeting. It was determined that members would pay a modest participation fee for each running event and that non-members would pay a substantially higher amount if non-member participation were allowed in that event.

Those who have been involved thus far emphasize that no decision has been cast in concrete. The goal was to get a club off the ground and "running". That has been done. The direction and pace of the "run" is entirely within the hands (or feet) of the membership!

WHAT ?!?!? This could happen to me too ! !

When we train, a number of adaptations take place in our bodies. Among them are these:

1. We increase our capacity for using oxygen.
2. Our hearts are able to pump more blood at a lower pulse rate and blood pressure.
3. Our lung capacity increases.
4. Our heat-dissipating ability increases.
5. After exercise, our pulse rate and blood pressure return to normal more quickly.
6. We develop greater muscular strength.
7. We produce less lactic acid - a work-limiting substance - for a given amount of work.
8. Our bodies become more efficient mechanically, using less oxygen per unit of work.
9. We develop greater endurance.

[Reprinted without permission from THE COMPLETE BOOK OF RUNNING, by James F. Fixx (1977)]

ANNAPOLIS STRIDERS, INC.

BY - LAWS

ARTICLE I. NAME

The name of this organization shall be "ANNAPOLIS STRIDERS, INC.", hereinafter referred to as the "organization".

ARTICLE II. PURPOSE

The purpose of this organization shall be to improve the physical fitness and mental well-being of its members through the promotion and encouragement of long distance running. In furtherance of this purpose, this organization may engage in any activity not prohibited for charitable organizations qualified as tax-exempt pursuant to Section 501(c)(3) of the Internal Revenue Code, including but not limited to conducting road and track races, time trials, fun runs, and social runs; sponsoring lectures and demonstrations; publicizing the benefits of running and jogging; publishing books, magazines, and newsletters; hosting social events; making awards; and generally coordinating activities with any other agency or entity which shares or endorses this purpose.

ARTICLE III. AFFILIATION

This organization shall be affiliated with the Road Runners Club of America and shall be subject to the by-laws and policy of that organization.

ARTICLE IV. MEMBERSHIP

Section 1. Regular Members. Regular membership in this organization shall be open to any person who accepts the purpose of this organization.

Section 2. Other Classes. This organization may have such other classes of membership as may be established from time to time by the Board of Directors.

ARTICLE V. DUES

Regular members shall pay annual dues in such amount as shall be established by the Board of Directors.

ARTICLE VI. OFFICERS

Section 1. Designation. The officers of this organization shall be President, Vice-President, Secretary, and Treasurer.

Section 2. Duties. Each officer shall perform the duties normally associated with that office in addition to those duties assigned by the Board of Directors from time to time and those duties prescribed by the parliamentary authority of this organization.

Section 3. Election. The officers shall be elected by majority vote of the membership at the annual meeting. Nominations may be made from the floor. A secret ballot shall be conducted for any contested election.

Section 4. Term. The term of office shall be one year commencing April first.

Section 5. Vacancy. A vacancy in any office shall be filled by the Board of Directors.

ARTICLE VII. MEETINGS

Section 1. Annual Meeting. This organization shall have an annual meeting in March of each year.

Section 2. Other Meetings. This organization shall have at least one other regular meeting each year and such special meetings as may be called by the President from time to time.

Section 3. Quorum. A quorum shall consist of twice the number of members of the Board of Directors plus one.

Section 4. Designation and Notice. The Board of Directors shall designate the date, time, and place of each membership meeting and shall provide reasonable, but not less than fourteen days, prior notice thereof to the membership.

ARTICLE VIII. BOARD OF DIRECTORS

Section 1. Management. The Board of Directors shall be vested with the general supervision and management of the affairs and property of this organization.

Section 2. Composition. The elected officers of this organization together with the Race Director shall constitute the Board of Directors of this organization.

Section 3. Meetings. The Board of Directors shall meet monthly. Special meetings of the Board may be called by the President at any time but shall be called upon written request of three members of the Board.

ARTICLE IX. COMMITTEES

Section 1. Nominating Committee. A Nominating Committee shall be designated by the Board of Directors in January of each year. The committee shall select a chairman from its membership. The committee shall report a slate of officers at the Annual Meeting. Reasonable, but not less than fourteen days, prior notice of the slate shall be provided to the general membership.

Section 2. Running. A Race Director shall be selected by the Board-elect in March of each year whose term of office shall be the same as the officers of this organization. The Race Director shall supervise the running events of this organization and shall appoint such committees and chairmen, subject to the approval of the Board of Directors, as are necessary to properly fulfill his duties.

Section 3. Other Committees. This organization shall have such other committees, appointed by the President, as the Board of Directors shall from time to time deem necessary.

ARTICLE X. PARLIAMENTARY AUTHORITY

Robert's Rules of Order Newly Revised shall be the parliamentary authority of this organization except where superceded by these by-laws or by special rules of order which may be adopted by this organization.

ARTICLE XI. AMENDMENTS

These by-laws may be amended by a two-thirds vote at any general membership meeting of this organization provided reasonable, but not less than fourteen days, prior notice of the terms and proposed consideration of the amendment shall have been given to the membership.

[Adopted December 14, 1978]

MEMBERSHIP PROFILE

It has been said that you can no longer categorize runners by size, shape, sex, or age, and a look at the first fifty charter members of the Annapolis Striders certainly bears this out. Although their ages average close to 30, they range from 6 to 67, with 11 members under 20 and 4 at 50 and over. The fact that running is a growing family activity is well emphasized by the 12 family memberships. In addition, the fast-rising popularity of running as a sport for women is reflected by their making up more than a third of the total membership. This total is drawn from a wide variety of occupations and professions and includes podiatrists, cardiologists, business owners and managers, house-wives, teachers, students, consultants, active-duty and retired military personnel, secretaries, hairdressers, lawyers, radio-broadcasters, economists, carpenters, surveyors, and budget analysts. This broad dispersal of talents and interests is an excellent demonstration of the universal appeal of running as the most natural sport, and is an encouraging sign for an organization that depends entirely on volunteer efforts to make its program a success. Geographically, the members are spread throughout Anne Arundel County, with a large number in the Annapolis-Arnold area, several around Severna Park, a growing number from Edgewater and points south, and one from Mobile, Alabama (a displaced Annapolitan with obvious thoughts of returning). It is hoped that a truly county-wide membership will develop and present indications are that this is exactly what is happening. What should be obvious from all of this is that regardless of what you do and where you live, if running is your thing, you can do it all with the Annapolis Striders!

Jim Bradner

* * * * * ** ANNAPOLIS STRIDERS RUNNERS SURVEY * * * * * * * * * * *

In our efforts to promote running in the area we would like to know as much as possible about the people who run and jog in Annapolis and Anne Arundel County. You can help by filling out the form below. We will share this information with other runners and will publish some of the more interesting courses in future issues of this Newsletter. The survey may also be used to help runners find others of similar ability who may want to run as a group. Fill out as little or as much as you want. Please return the survey to John Kurpjuweit (Kurp), or Walt Eilers.

Name _____ Age _____ Sex _____
Address _____ zip _____
Phone (Hm) _____ (Wk) _____ Occupation _____
Work Location _____
When do you usually run? _____
Where do you usually run? _____
How far do you usually run? _____ At what pace? _____
Do you like to run with others or alone? _____
How long have you been running? _____
Why did you start running? _____
Why do you run now? _____
What is the longest race/run you have ever completed? _____
What is your running goal? _____

Please describe one or more of your favorite running courses in the area. Use additional paper if necessary. Maps drawn in black ink on plain white paper can be reproduced by this newsletter.