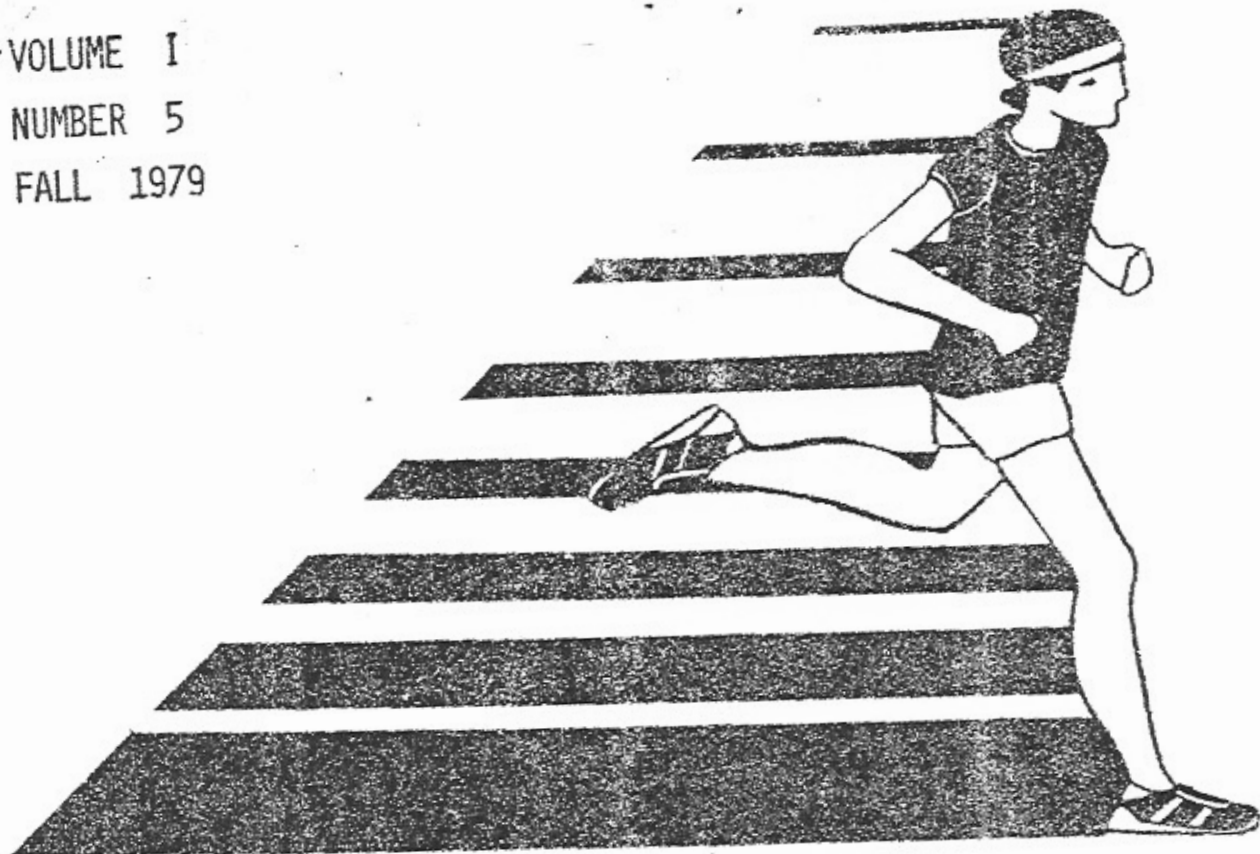


VOLUME I
NUMBER 5
FALL 1979



Annapolis Striders

ANNAPOLIS STRIDERS, INC.
P. O. BOX 187
ANNAPOLIS, MD 21404

NON-PROFIT ORG.
U.S. POSTAGE

PAID

ANNAPOLIS, MD
PERMIT NO. 526

The Aasen Family
13 Sunset Drive
Severna Park, MD 21146

FUN RUN-RACE SCHEDULE DECEMBER '79- MARCH '80

December: Sunday 9th 11:00 a.m. Annapolis Racquet Club
Fun Run I, 2, 6 miles. Directors: Randy Fox &
and Bob Shillingberg (956-5978)

Sunday 30th 11:00 a.m., Naval Academy Field House;
Club Race: Annapolis Striders First Anniversary 15K.
Directors: Bob Bridges/Dwight Fortier. See application
in this newsletter for more details.

January: Saturday 12th, 2:00 p.m. Annapolis Racquet Club
Fun Run: 1 mile and 10K. Director: Mike vanBeuren(263-8125)

Sunday 27th, 2:00 p.m., Naval Academy: Club Race 5 miles
& fun run I mile. Director, Denny Anderson(268-3013)

February: Sunday 10th, 2:00 p.m. Naval Academy Field House;
Frozen Feet Frolic Fun Run! 5 mile & 1 mile.
Director: Gif Munger(268-2068)

March: Saturday 8th, 2:00 p.m. Annapolis Senior High. 10K
predicted time and 1 mile fun run. Director: Walt Eilers
(267-6284)

Sunday 23rd, 1:00 p.m., Annual Membership Meeting and
General Elections followed by a 5 & 1 mile fun run.
Course starts by the footbridge on Hospital Point.
Director: Denny Anderson & Dean Given

Weekly Every Saturday at 7:00 a.m. an informal group meets at
Montgomery Wards parking lot to train on General's Highway. If you
would like the company of others during your long training runs
this is a perfect set-up. There are usually several groups who
run a variety of paces and each individual can vary their mileage
in a variety of combinations up to 20 miles or so.

ROOMMATE SOUGHT: WOULD YOU LIKE TO SHARE A HOUSE WITH TWO OTHERS RIGHT
ACROSS THE WALL FROM THE NAVAL ACADEMY? Reasonable rent,
ideal location for a runner. Call Mike vanBeuren, 263-8125
for more information.

THANK YOU! VIRGINIA LEONARD

Have you seen the new Annapolis Strider Stationery? It is beautiful!

If you ever receive an elegant, official looking, light blue envelope
in the mail, with the shadowy figure of a runner fleeting across it
you are witness to the artistic talents of Virginia Leonard. Virginia
gave many hours of her time in designing stationery and application
forms for our club. She even went and found the paper for us. A fellow
Strider since this last spring, Virginia works as a Graphic artist
in Eastport.

Thanks for giving the club a classy new look, Virginia

DO YOU WANT TO RUN IN THE PERRIER CHERRY BLOSSOM CLASSIC ?

It may seem insane to be talking about a race to be held next spring but if you want to run in this one the time to be vigilant is now and the time to act is soon.

The Cherry Blossom is a very crowded race for the average runner. It was only this year that they were able to operate an efficient chute system that didn't result in frustrating back-ups. And on the two lane hard-top around Hains Point you are always running elbow to elbow with your neighbors. Word has it that Perrier will try to set up other races in the D.C. area to help draw the crowds away. It might be worthwhile to run in one of these.

But if you want to be part of the circus and hobnob with the elite here's what to do:

1. Write for an entry blank (address below)
2. Mail it back the same day you receive it
3. Wait & hope
4. Don't be angry if you don't get a number
(the field of 3500 was filled in two days last time which is probably how long it took them to process that number off a mountain of envelopes.)

For the 1980 Cherry Blossom Classic to be held Sunday, March 30 send a long self-addressed, stamped envelope to:

Perrier Cherry Blossom Classic, P.O. Box 4711, Arlington, VA 22204
no later than the first week in January.

Want to see your name in the newspaper ?

The Annapolis Strider Newsletter would like to gather race results concerning the performances of club members. Some of this information will also go in the Evening Capital.

Don't be bashful, call publicity chairperson Linda Fisher at 267-0269 with your times. Linda can also be reached by mail, care of the Striders P.O. Box 187, Annapolis, MD 21404.

PERSONAL NOTICE:

To: Pete Gartman & Steve Hull

You left the Cold Turkey 20k without collecting your awards. Please contact Mike vanBeuren at 263-8125 or 239 Hanover St., Annapolis, 21401 and specify T-shirt size.

8 Nov 1979

Dear Ron,

Greetings from your northeast contingent of the Annapolis Striders. Since moving from Hillsmere last March, I have been competing as a member of the Striders in the Rhode Island-Massachusetts area (8 AAU sanctioned races) while attending the Naval War College in Newport. A degenerative disc kept me off the roads until May, but things have been going pretty well since then. This past Sunday I ran a 3:02 in the Ocean State Marathon, a 19 minute improvement over my previous best time. Would appreciate it if you would pass that on to John Butterfield the next time you see him.

Have tentative plans of competing in the Cape Cod Marathon in December. Sure would appreciate it if you would send me an Annapolis Striders t-shirt, if they are available. I will be glad to reimburse you.

Looking forward to your next newsletter.

Take care,

Jack Rose
7 Columbia Ct.
Middletown, RI 02840

NAUTILUS ANNAPOLIS has recently opened just off West Street on Moreland Pkwy. in Annapolis. They offer a total fitness program that will serve to make you stronger, enhance your physical abilities, protect you from injury and reinforce your cardiovascular ability. Nautilus equipment is based on intensive research into the precise function of each muscle group, from full extension to complete contraction - the full extent of possible muscle movement. They also offer locker and shower rooms, sauna, whirlpools, and rooftop sundeck with hot tubs. NAUTILUS ANNAPOLIS is offering members of the Annapolis Striders a special rate. If 10 or more of the Striders join at the same time the yearly membership fee will be \$200.00. This is a substantial reduction. If you are interested or need more information, please call: Mike Van Beuren at 263-8125 or Rob Bushnell at 263-6241

ANNAPOLIS STRIDERS 1st ANNIVERSARY RUN

SUNDAY, DEC. 30, 1979



PLACE:

HALSEY FIELD HOUSE, U.S. NAVAL ACADEMY, ANNAPOLIS

TIME:

REGISTRATION 9:30 AM - 10:45 AM
 RACE START 11:00 AM
 REFRESHMENTS FINISH OF RACE
 AWARDS 12:15 PM



ENTRY:

\$4.00 INDIVIDUAL FEE (NO TEAMS)
 \$3.00 FEE FOR MEMBERS OF ANNAPOLIS STRIDERS
 ENTRIES MUST BE RECEIVED BY WEDNESDAY, DECEMBER, 26, 1979
 NO CONFIRMATION WILL BE SENT
 RACE DAY ENTRIES WILL BE ACCEPTED
 RACE IS LIMITED TO FIRST 300 ENTRANTS

COURSE:

15 KILOMETERS (9.3 MILES) THROUGH THE GROUNDS OF THE U.S. NAVAL ACADEMY. COURSE IS SECURE, MONITORED, FLAT, ASPHALT SURFACED, AND PICTURESQUE. START AND FINISH AT HALSEY FIELD HOUSE.

AWARDS:

ITEMS OF HOLIDAY CHEER TO TOP THREE WINNERS IN EACH OF SIX AWARDS CATEGORIES. COMMEMORATIVE T-SHIRT TO ALL FINISHERS

PRE-REGISTRATION ON FRIDAY, DECEMBER 28TH AND SATURDAY, DECEMBER 29TH AT ATHLETE'S FOOT, 47 WEST STREET, ANNAPOLIS AND RACE DAY UNTIL 10:45 AM.

Make checks payable to: Annapolis Striders, Inc.
 Send application to P.O. Box 187, Annapolis, MD. 21401

In consideration of the acceptance of this entry to this event, I waive all claims for myself, my heirs and assigns against the hosts, sponsors or promoters for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in this race, and I am an amateur runner.

DIVISION OFFICIAL USE

Signature of Runner _____ Date _____

SEX M F
 AGE AS OF RACE DAY

Signature of Parent (in under 18) _____ Date _____

LAST

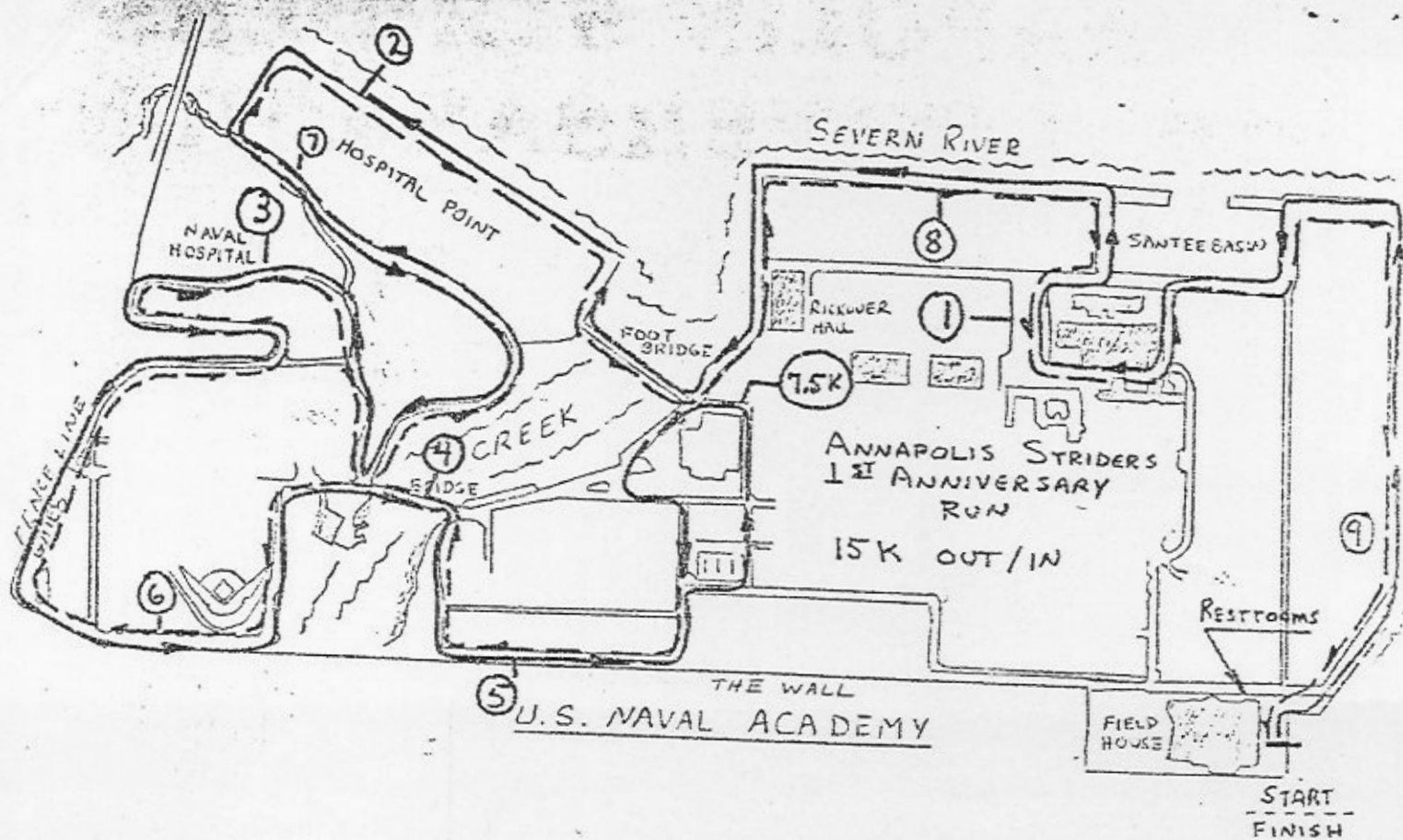
FIRST

STREET

T-SHIRT SIZE

CITY

STATE ZIP S M L XL



APPLICATION FOR MEMBERSHIP

NAME _____

LAST

FIRST

INITIAL

SEX

ADDRESS _____

STREET

POST OFFICE

ZIP

DATE OF BIRTH

PHONE: _____

OCCUPATION _____

HOME

WORK

SIGNATURE

Committee Preference:

DUES:

Individual

\$5.00

Family

\$9.00

[list complete info for each member]

Full Time Student

\$3.00

[school: _____]

T-shirts (circle size)

\$4.00

Male S M L XL

Female S M L XL

Child S M L

Tank Tops (circle size) S M L

\$6.50

ANNAPOLIS STRIDERS, INC.
P.O. Box 187
Annapolis, Maryland 21404



* Shirts are available at the Athlete's Foot 47 West Street, Annapolis, at most Strider functions, or by mail with a .75 per shirt postage charge

"OFFICIAL" BULLETIN BOARDS

After months of intense negotiation, the Striders' OFFICIAL BULLETIN BOARDS were dedicated in late August during a rousing celebration at the Athlete's Foot, 47 West Street, Annapolis [courtesy of proprietor Bob Bridges and of clubmember John Gudas]. The boards contain entry forms for running events in and around the area, sometimes as many as five per weekend! A special marathon section is provided advertising selected marathons and ultra-marathons around the world. The boards also contain official Strider notices, membership applications, race schedules, and notes regarding special events. Members are encouraged to use the boards for the exchange of general running information such as race carpooling, equipment sale or exchange, running pairing. For club adventurers, some interesting material concerning running tours is available.

YEAR - END BLAHS ???

December is not only the last month for our running diaries, it is also the last month of the tax year! This is a good opportunity to clean out your running drawer and the running corner of your closet. Take those 500 miles shoes, those '78-'79 T-shirts, and that non-Cortex faded suit, and give them to Goodwill or to a similar charity. You benefit by getting a charitable tax deduction for the "reasonable" value you place on these items. The charity benefits by receiving items which are readily saleable. And local athletic shops benefit as you purchase a new "wardrobe" to begin the new decade!

Also, don't overlook your own running club. Remember: charity begins at home! The Annapolis Striders is qualified as an organization exempt from income taxation under §501(c)(3) of the Internal Revenue Code. Thus, any contributions of a monetary or in-kind nature are definitely tax deductible.

BWI TEN MILE TWOSOME

A rare opportunity awaits the Annapolis Striders. The Board of Directors has authorized the reduction to writing of an agreement among the Striders, the International Inn, and the Maryland Aviation Administration for the sponsorship of a major road race. The Race will be held Saturday, April 5, 1980 [Easter weekend] in and around the Baltimore-Washington International Airport. Registration, competition and awards will be solely on the basis of a male/female "team", hence the name, TWOSOME. The majority of the costs are to be

TWOSOME (continued)

underwritten by the Inn, the Airport, and other sponsors. There is also a distinct possibility of obtaining a radio station and a shoe manufacturer as co-sponsors. The Striders are to provide all of the technical assistance to make the race a success. The Club could derive a substantial remunerative benefit from the event. The ability to go forward with these arrangements and the ultimate success of the endeavor depend wholly upon an immediate expression of support from you, the 625 members of the Annapolis Striders. Fifty volunteers are needed NOW for the following general areas of assignment: traffic, public relations, finish line, scoring, hospitality, aid, registration, etc. Call the Twosome Race Directors for your assignment: Rob Bushnell, [w] 269-3656, [h] 263-6241; Dick Hillman, [w] 224-1316, [h] 269-0253.

4 TH ANNUAL ANNAPOLIS RUN

Under the sanctioning guidelines of the Road Runners Club of America, a Race financial statement is to be provided following the conclusion of an event. The following statement was provided by the Race Treasurer, John Logis. The books themselves are open for inspection by calling John at 647-6631. Proceeds of the Race have been donated to the American Heart Association for the purchase of a defibrillator to be used for the P.A.C.E. program at the Anne Arundel Community College.

INCOME

EXPENSES

Sponsors	\$ 1500.00	Printing	\$ 529.63
Entry fees	9492.00	Publicity	104.49
Misc.	267.85	Timing	500.00
TOTAL	\$11259.85	Postage & Gen'l	207.82
ACCOUNT RECEIVABLE	<u>\$ 1500.00</u>	T-shirts	3496.25
		Trophies	323.00
		Race Day Gen'l	903.78
[Net amount contributed to		TOTAL	\$ 6064.97
Heart Association to date:			
\$ 5,125.00.]			

CHECKLIST FOR RACE/RUN DIRECTORS

- Have an accurate, well marked map of the course available for runners to study.
- Line up sufficient help to handle the race easily. Have marshalls at ambiguous and potentially danderous intersections. Make up 3 x 5 cards with directions for each course marshall. The spoken word often becomes garbled between transmitter and receiver.
- Have a simple recording system for the finish.
- At least 2 digital stop watches. (Denny Anderson has)
- Be at race site 1 hr. in advance, unless certain preparations require additional time.
- Lay down lime directional arrows so as to eliminate potential runner confusion.
- Have water, cups. For all races over 10 KM and all races when temperature exceeds 70 degrees F.
- Get prizes. Pre-tag each to avoid fumbling for the right award during awards ceremony. (Denny Anderson has)
- Have membership applications available.
- Have change and container for money.
- At starting line describe the course, announce upcoming events.
- Hand print results and sent to:

Linda Fisher
321 Edgemere Lane
Annapolis, Md 21403

HELP!

The Race/Run Committee needs your help. We have a small core of dedicated individuals who help plan the schedule of races and fun-runs. In the majority of cases, this same core supplies the people-power to assist in running and marshalling the events. However, the burden should not continuously fall upon the same persons month after month. So, we ask for your help!

We need volunteers to swell our ranks. The Race/Run Committee meets four times per year to develop a quarterly schedule. The more members in attendance, the more representative of the general membership will be the resulting schedule. Additionally members of the committee are asked from time-to-time to assist in marshalling or directing events.

The club belongs to "all" of it's members. Without your active support, the few wgi respond repeatedly will lose the drive necessary to assure continued success.

If you feel you can contribute to the Race/Run Committee's goals, let us know by dropping a line to the Annapolis Striders, P.O. Box 187, Annapolis, Md 21404. Include your address and phone number and indicate that you wish to assist the R/R Committee.

Or, phone Denny Anderson, Chairman, R/R Committee, with the information.

We thank everyone, in advance, acticipating an overwhelming response.

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NEWSLETTER DELAY?

Sorry you havn't seen a Strider newsletter for a while. With the beginning of the fall and winter racing season most of the board members have been so busy training that it was hard to find time to write articles. Now that "NEW YORK", MARINE, and "MARYLAND" are over we bring you this publication. Our next issue will be out soon. With it we hope to bring you the latest race results and news of strider participation in events around the country. If you have participated in any race in the past few months we would like to include your results in our next issue. Please call Kurp 757-3331 with your results.

STAY FIT

UNIVERSITY OF MARYLAND'S EVALUATIVE FITNESS PROGRAM

OPEN TO ...

Any person who is interested in determining their state of health and physical fitness.

OPTIONS AVAILABLE ...

(A) GRADED EXERCISE TEST including:

- a 12 lead resting electrocardiogram
- body composition evaluation
- monitored exercise electrocardiogram and blood pressure
- aerobic capacity (oxygen consumption) via Beckman Metabolic Measurement Cart
- exercise prescription based on your test results

(B) UNDERWATER WEIGHING BODY COMPOSITION EVALUATION

(C) ELECTROCARDIOGRAM MONITORING during Exercise Activity (i.e. races, training, etc.) or during normal daily activity

(D) PULMONARY FUNCTION EVALUATION

(E) COMPUTERIZED WEEKLY RUNNING or CYCLING PROGRAM

LOCATED ...

Sports Medicine and Physical Fitness Center, North Physical Education Building, University of Maryland.

FEE ...

Option A	\$125	Option D	\$25
B	25	E	25
C	50		

TO PARTICIPATE...

Fill out and detach this form and return it to the Sports Medicine and Physical Fitness Center, University of Maryland, College Park, Maryland 20742. For further information call 454-4750 or 454-5033.

Name _____

Address _____

Home Phone _____ Business Phone _____

Please check Option(s)

(A) _____	Graded Exercise Test	(C) _____	Electrocardiogram Monitoring
(B) _____	Underwater Weighing	(D) _____	Pulmonary Function Evaluation
		(E) _____	Computerized Running or Cycling Program