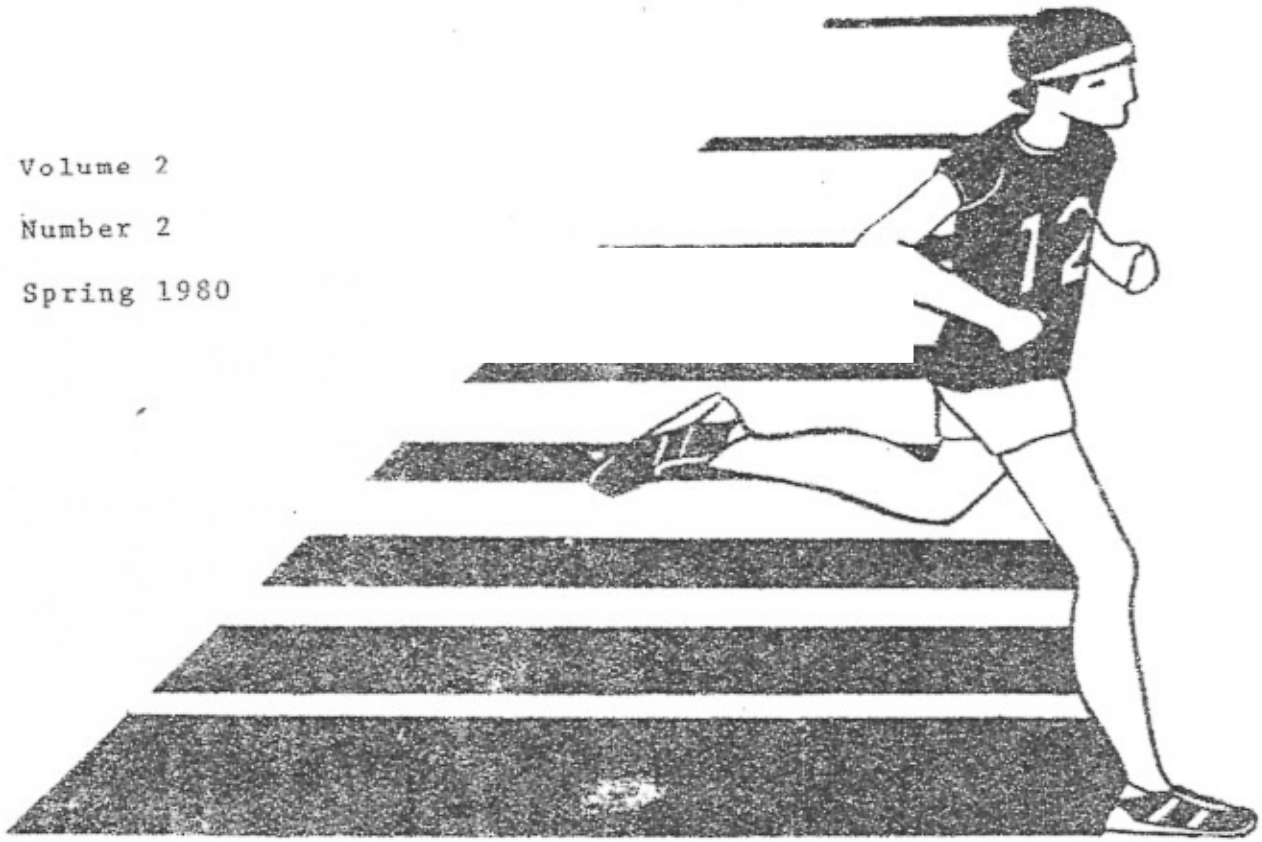


Volume 2
Number 2
Spring 1980



Annapolis Striders

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



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ANNAPOLIS, Md.

Non-Profit Organization

Hillman Family

The Annapolis Striders

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		[home]	[work]
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SECRETARY	MARGIT EILERS	267-6284	269-2801
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PUBLIC RELATIONS	JOHN KOKISH	647-6428	224-1533
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MEMBERSHIP	JOHN KURPJUWEIT	757-3331	544-0900
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TRAINING/CLINICS	ERIC PELTOSALO	267-0374	263-8330
ANNAPOLIS RUN	WALT EILERS	267-6284	224-3330

268-1165

THIS IS THE 24-HOUR PHONE NUMBER OF THE ANNAPOLIS STRIDERS. IT WILL BE IN OPERATION ON TUESDAY, APRIL 15TH. USE IT FOR THE FOLLOWING:

- A. TO OBTAIN INFORMATION ABOUT UPCOMING EVENTS, RACES AND FUN RUNS.
- B. TO RECORD YOUR TIME FROM A RACE IN WHICH YOU PARTICIPATED FOR LISTING IN THE NEWSLETTER.
- C. TO MAKE A SUGGESTION OR TO REGISTER A COMPLAINT.
- D. TO VOLUNTEER YOUR SERVICES.
- E. TO OBTAIN FACTS ABOUT THE ORGANIZATION FOR NEW MEMBERS.
- F. TO RECEIVE RUNNING TIPS.
- G. TO MAKE OBSCENE, BUT ALWAYS RUNNING-RELATED, CALLS.

PRESIDENTIAL PRATTLINGS

Many of you have indicated support for a number of the suggested activities I listed in the last newsletter. However, now is the time to actually put your time on the line. We succeed or fail strictly on the basis of how many of you volunteer to help. The more members who participate in leadership and management positions the greater diversity of programs and services we can offer. Fifty-one of you signed up for committees at the Annual Meeting last month. That was fantastic! Now we want to hear from the rest of you. Call an officer or a chairman to offer your assistance today. Volunteer for the Annapolis Run. Send us a note and propose a new program. Do something. Let's hear from you.

Congratulations to the following individuals who received much deserved recognition at the Annual Meeting:

Male Runner of the Year	-	MIKE VAN BEUREN	
Female Runner of the Year	-	LINDA COLSH	
Male Masters Runner of the Year	-	JOHN BUTTERFIELD	
Female Masters Runner of the Year	-	MARGARET COCHRAN PRISCILLA BUTTERFIELD	
Most Improved Runners of the Year	-	DON WADDINGTON BETTY MOORE	
Workers of the Year	-	DENNY ANDERSON JOHN KURPJUWEIT LINDA FISHER RANDY FOX GIF MUNGER	RON FISHER BEN MOORE GINNY LEONARD BOB SHILLINGBERG

As incredible as it seems, as of this printing (April 8th) the entry forms for the Constellation Run in Baltimore on May 25th are not yet printed. We had planned to put one in this newsletter for your convenience. However after the new Race/Runs Committee meets there may be another mailing to you within 10 days. If so, the entry form will be included. [Don't fret about postage. It's only 3.1¢ per piece. Printing is free!]

The Board of Directors (which includes chairmen of standing committees) has already had its first meeting. It was a pleasure to choose the new chairmen since no one hesitated when asked to serve. Board meetings are held the 2nd Monday of each month at 7:30 PM in Room 402 (Office of Law) at the Arundel Center on Calvert Street. They are open to general membership. Next meeting: MAY 12TH.

The Board has authorized the expenditure of up to \$150 to purchase an answering device for our new phone. If any member has such a device which he could donate, we would be happy to accept it. Your gift would constitute a tax-deductible contribution. However, we need to hear from you ASAP

Have a good fast Spring!

Dick Hillman

5th ANNUAL ANNAPOLIS RUN

You, Annapolis Striders, are the first group to receive the entry form for the FIFTH ANNUAL ANNAPOLIS RUN! This "small" favor is nothing to be sneered at. Last year you could procrastinate and still run in Maryland's top 10-miler. This year is a different story altogether. With national advertising and regional distribution of 20,000 entry forms (plus circulation of entry to 6,000 members of running clubs), you may find yourself registering for the 1981 event to do the Annapolis Run!:

Anyone who is even half-way sure of being sufficiently trained to run the Race on August 24th should complete and submit the entry form now. The major publicity will begin within two weeks. We fully anticipate meeting our 2400 entrant goal in short order. Don't miss your club's biggest event. ENTER NOW.

Moreover, we need your help not only as a participant but also as a worker. If you read this before SUNDAY, APRIL 13th, come to the TAAAC office at the rear of 2521 Riva Rd at 5:30 PM for the first official working meeting the Annapolis Run committee. Otherwise, we are depending upon you to volunteer. Most of the jobs involve tasks which do not interfere with actually running the Race.

CALL NOW:

		(h)	(w)
RACE DIRECTOR	WALT EILERS	267-6284	224-3330
ADMINISTRATION	JOHN GUDAS	263-9664	
TRAFFIC/LOGISTICS	DON WADDINGTON	798-4177	202-833-2450
FINANCE	JOHN ASTLE	263-3053	
REGISTRATION	ROB BUSHNELL	263-6241	269-3656
	MIKE VAN BEUREN	263-8125	263-8125
AWARDS	T. D. JOHNSON	268-0247	
PUBLIC RELATIONS	HERB LE MOYNE	841-6258	
RACE MANAGEMENT	BEN MOORE	268-3832	267-8621

ANNAPOLIS STRIDER TRAINING SQUAD

In the last newsletter we suggested that the Striders form a training and racing squad for runners of all abilities. Some of you have already come forward with ideas and have expressed interest in getting together soon to make plans and get started this spring.

To get the ball rolling we've scheduled an informal meeting, Wednesday March 23rd, 7 pm at Eric Peltasalo's office, the Legal Aid Bureau, 100 Cathedral St., Annapolis. We hope many of you will be there.

If you are unable to attend or have any questions please feel free to call us.

Eric Peltasalo : 267-0374
Training/Clinics chairman

Mike van Beuren : 263-8125

ANNAPOLIS STRIDERS RACE SCHEDULE

- Saturday, April 26 10K fun run; Annapolis Racquet Club (former), Admiral Cochrane Drive, 1 mile also. 9:30 am. Race Directors : Mike van Beuren & Bob Wyatt for information call 263-8125
- Sunday, May 11 Mother's Day 1 & 2 mile relay (parent and child) 5 Mile fun run; Annapolis Senior High School; 9:00 am. Race Directors: Jim Sandison & Don Waddington (tel. 798-4177)
- Saturday May 24 4 Mile Predicted Time, 1 Mile fun run; Naval Academy Cross country course, 8:30 am. Race Directors: Dan Spadone & Joe Roth (tel. 974-0925)



- Saturday, May 31st, 1980 9 am start
10 mile distance run and 2 mile fun run
 - Commemorative "T" Shirts to all 10 mile entrants
 - Refreshments to all participants - showers available
 - Awards at 1 pm to first three place finishers in the following categories for men and women:
 - Junior - under age 17 yrs.
 - Open - up to age 39 yrs.
 - Masters - over age 40 yrs.
 - Mayor's Trophy to over-all winner
 - Drawing for random prizes for all participants
 - Registration
 - No day of race entry - Pre race only with attached blank and \$4.⁰⁰ Limit 500 runners
 - cut off date May 20th 1980
 - Check in and pick up numbers in front of Chestertown Bank of Maryland 7:30 am - 8:30 am
 - Two-mile fun run will start at 9:15 am at Cross^{ing} High St.
- Coordinated by: Shore Striders
Sponsored by: Chestertown Bank of Maryland and Towne Sporting Goods

PLEASE PRINT

NAME _____
ADDRESS _____
CITY _____ STATE _____
ZIP _____ SEX _____ AGE _____ T-SHIRT _____
S M L XL

Send check for \$4.00 to:

SHORE STRIDERS, c/o TOWNE SPORTING GOODS,
HIGH STREET, CHESTERTOWN, MD 21620

INFO: Marty Stetson 778-0569 Rich Gillin 778-4048

In consideration of the acceptance of this entry to the Chestertown 10-Miler, I waive all claims for myself, my heirs, and assigns against the Chestertown 10-Miler 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.

Date _____ Signature _____

Date _____



OF COLUMBIA

AMERICAN 10 KILO RACE

Sunday, June 29, 1980

ENTRY FEE \$4.00

10 A.M. Start and finish at Teacher's Building. Lake Kittamaqundi, Columbia, Md.
Unmailed number pick-up no later than 9:15 A.M.
Sponsored by Clyde's Restaurant and co-ordinated and officiated by the Howard County Striders.

Contestants name _____ Age _____
(Please Print)

Address _____

Club Affiliation _____

Signature _____
(If under 18, Parents Signature)

In signing this entry I hereby release Clyde, Inc., Clyde's of Columbia, the city of Columbia and the Howard County Striders from any claims or responsibility for any injuries suffered by me in this event.

Clyde's of Columbia American 10 T-shirts to all entrants.
Please circle T-shirt size S M L XL

Please read and follow instructions!
Field limited to only 1200 runners.
No entries accepted after June 21, 1980. Get your entry in early!
Send a large self-addressed stamped envelope in order to receive confirmation of entry race number and course map. Be sure to enclose your entry fee - \$4.00. Make checks payable to Clyde, Inc.

Mail Entries to:
Mr. Don Heincke, Sr.
9209 Furrow Avenue
Ellicott City, Md. 21043
(301) 465-2813

Entries close June 21, 1980

AWARDS

Merchandise awards to first 40 finishers plus following category awards:

1st male & female finishers,
Howard County
1st male & female finishers,
Columbia

Open Division	Womens Division
1st under 16	1st Five-Finishers
1st 16-19	1st under 16
1st 20-34	1st 16-19
1st 35-39	1st 20-34
1st 40-44	1st 35-39
1st 45-49	1st over 40
1st 50-55	
1st over 55	

APRIL

- 27 SUN BRRC LOCH RAVEN FIRE TRAIL FUN RUN, Bill Schwartz 661-6586
TOWSON STATE 5 MILER 828-7921
2ND ANNUAL SPRING 5M RUN, 10 AM, Flaisted Hall, Phil. Masters T. & F. Asso., 4 W.
Lancaster Av, Ardmore, PA 19003

MAY

- 3 SAT QUEEN ANNE'S DAY 1ST ANNUAL 10K GOLD FOOT RACE, 9 AM, Bob Salitt, P. O. Box 37A,
Centreville, MD 21617
2ND ANNUAL FLYING CIRCUS 10M RUN (+ 2M), 9 AM, Rts 17 & 644, Bealeton, VA 22712
703-439-8661
KENNEDY RUN, 2M - 10 AM, 10K - 11 AM, Rock Creek Park, Bev Bailey, 1250 22nd St,
N.W., Washington, D.C. 20037 861-6083
- 4 SUN PODIATRY ASSOCIATION 10K, Hunt Valley
MIDLAND SCHOOL RUN (15K + 3M), Box 5026, Readington Rd, North Branch, NJ 08876
APPLE BLOSSOM 5M RUN, 9:30 AM, Brad Johnson, 655 Johns Av, Gettysburg, PA 17325
100 CLUB 10K CHARITY RUN, 9:30 AM, Diane Levy, 705 Quaint Acres Dr, Silver Spring,
MD 20904 622-3110
LILAC BLOOMSDAY RUN (8M), P. O. Box 1511, Spokane, WA 99210
U.S. ARMY ANNUAL 10M RUN, 8 AM, HQ Rec. Svcs, OSA #A, 146 Pentagon, D.C. 20310
202-697-1050
APPLE BLOSSOM 10-MILER, 10 AM, Berryville to Winchester, Clarke Co. Park & Rec.,
P. O. Box 213, Berryville, VA 22611
- 10 SAT ELIZABETH RIVER RUN '80, 10K, 10:15 AM, Eliz. R. Run, VP/LS, P. O. Box 360, Nor-
folk, VA 23501 804-444-5231
2ND ANNUAL WASHINGTON HEART RUN 10K (+ 2M), West Potomac Park), American Heart Assn,
P. O. Box 32409, Washington, D.C. 20007
2ND ANNUAL UPPER MARLBOROUGH COUNTRY RUN (+ 1M), 8 AM, Dan Rincon, 3309 Clay St,
Wheaton, MD 20902
- 11 SUN 44TH YONKERS MARATHON, 10 AM, P. O. Box 100, Yonkers, N.Y. 10703 212-580-6880
- 17 SAT DELAWARE MINUTEMAN MARATHON, Wayne Kursh, Marathon Shoes, 601 Delaware Av, Wilming-
ton, DE 19801
BLUE & GOLD TEN (10K), [fast, flat course], Del. Nat'l Guard Runners, Sherwood Pk
II, Wilmington, DE 19808
BATTLEFIELD 5M, Bill Wells, Box 5227, Ft Lee, VA 23801 804-861-8238
LOUDOWN MEMORIAL 10-MILER (+ 2M), 9 AM, Leesburg, Box 310, Furcellville, VA 22132
703-668-6176
5TH ANNUAL MANAYUNK '80 CANAL RUN (5M), 9:30 AM, Venice Island Playground, Chris
Tatreau, MARRC, Memorial Hall, Philadelphia, PA 19131
- 18 SUN BRRC IRON MAN 78M RUN/BIKE, John Roemer, 17236 Evna Rd, Parkton, MD 21120 821-6473
BONNE BELLE 10K, 8 AM, D.C., Carole Herrick, P. O. Box 442, McLean, VA 22101 790-9009
HENNIE LICHTENBERGER RUN AGAINST CANCER, 9 AM, Jan Cockenour, 9D Laurel Hill Rd,
Greenbelt, MD 20770 864-7361
- 24 SAT 4TH ANNUAL ELBY'S WHEELING DISTANCE RACE (20K), Hugh Stobbs, 933 Main St, Wheeling,
W.VA 26003

WHAT'S WHERE ?

NOTE: ENTRY FORMS FOR MANY OF THESE EVENTS TOGETHER WITH OTHER PERTINENT RUNNING INFORMATION ARE AVAILABLE ON THE BULLETIN BOARDS

OF THE ANNAPOLIS STRIDERS LOCATED AT THE ATHLETE'S FOOT, 47 WEST ST, ANNAPOLIS, MD 21401. WHERE AN ENTRY FORM IS NOT AVAILABLE LOCALLY, SEND A STAMPED, SELF-ADDRESSED ENVELOPE TO THE RACE ADDRESS AS LISTED BELOW.

APRIL

- 12 SAT PEACH BLOSSOM 10M (+ 2M), Talbot Co. YMCA, P. O. Box 127, Easton, MD 21601
DOVER TOWN & COUNTRY 8 MILER, Athletic Attic, 120 Lookerman St, Dover, DE 19901
10 AM, 734-1799
- 13 SUN 2ND ANNUAL 10K B. & A. RR RUN, 9 AM, Sever Park JC's, P. O. Box 524, Severna Park, MD 21146 647-3804
3RD ANNUAL LIFE & HEALTH MARATHON (+ 1/2 marathon, 6M), Frederick (MD), 6856 Easter Av, N.W., Washington, D.C. 20012 202-723-3700, Ext 274
BONNE BELLE 10K, Chris Tarréau, Memorial Hall, Philadelphia, PA 19131
CONSUMERS FOR NUTRITION ACTION FOOTRACE, 5K, 9 AM, Goucher College (Towson), 3404 St. Paul St, 1B, Baltimore, MD 21218 235-9039
MCLEAN ROTARY RUN, 5M + 1M, 1 PM, Lewinsville Park, P. O. Box 561, McLean, VA 22101 949-6156
ATHLETE'S FOOT 5K RUN, Mt Trashmore, 1361 De Paul Way, VA Bch, VA 23464 467-1509
THE 7 DAM MILES, Washington JC's, Box 12, Washington, PA 15301
COLONIAL RELAYS 1/2 MARATHON, Roy Chernock, P. O. Box 399, Williamsburg, VA 23185 [entries closed]
- 19 SAT INTERNATIONAL AZALEA FESTIVAL 10K, Gordon Haggatt, 508 Colonial Av, Norfolk, VA 23507
CAPITAL TO CAPITAL 50M RUN (Williamsburg to Richmond!), 7 AM, Dave Parsell, P. O. Box 106, Richmond, VA 23201 804-359-7328
- 20 SUN ST. MARY'S MARATHON (+ 5M), B.P.O.E., Box 277, Lexington Park, MD 20653 863-5593
BOSTON MARATHON RELAY (short laps to beat Boston Marathon time), E. Middle School, Jim Myers 301-848-1392
BRRC DRUID HILL PARK 4M, Roger Burrow 367-2219
8TH ANNUAL PENN RELAY - ETONIC MARATHON, 9 AM, Karl Thornton, Weightman Hall, Philadelphia, PA 19104
CHARLOTTESVILLE 10M, Char. TC, 311 Westminster Rd, Charlottesville, VA 22901
- 21 MON 84TH ANNUAL BAA MARATHON, Will Cloney, P. O. Box 223, Boston, MA 02199 [entries closed]
- 24 THUR BILL GEER MEMORIAL RUN, 5K + 1M, 6 PM, West River Dr, Memorial Hall, Philadelphia, PA 19131
- 26 SAT AMERICAN HEART ASSOCIATION RUN FOR LIFE DAY, Lake Montebello, P. O. Box 17025, Baltimore, MD 21203
NYRRRC RUNNER UP TWOSOME (10M), Central Park, NYRRRC, Box 881, FDR Station, New York, N.Y. 10022
OLE HAMPTON 10 MILER, Hampton Rds JC's, P. O. Box 606, Hampton, VA 23669
- 27 SUN CHOCOLATE CHASE 10K (+ 2M), Hershey Medical Center, Hershey, PA 17033 717-534-8497

MAY

- 25 SUN THE ERRC CONSTELLATION 10K, Inner Harbor - Baltimore (see May 18th)
- 31 SAT 4TH ANNUAL CHESTERTOWN TEA PARTY CLASSIC DISTANCE RUN (10M + 2M), Shore Striders, Towne Sporting Goods, High St., Chestertown, MD 21620 778-0569
- 9TH ANNUAL L'EGGS MINI-MARATHON (10K) (women only), 11 AM, Central Park, P. O. Box 1386GPO, New York, N.Y. 10901 212-569-6840

JUNE

- 1 SAT 3RD ANNUAL HECHT'S 10-MILER, 8 AM, Rock Creek Park, P. O. Box 648, Silver Spring, MD 20901 1-593-3834
- GOLD COAST CLASSIC 10K, Ocean City, Instant Replay (Glen Burnie) 760-8100
- 8 SUN RUN THRU HISTORY (10K), 11 AM, Annetiam, Bill Jackson, 118 Partridge Trail, Hagers-town, MD 21740 432-5124
- 14 SAT OLD DOMINION 100M CROSS-COUNTRY RUN, Ann Lewis, 6124 Ramshore Dr, McLean, VA 22101
- 21 SAT RUN FOR ROBBY (10K + 2M), Box 174, Newark, DE 19711
- 29 SUN 2ND ANNUAL CLYDE'S AMERICAN 10 KILO RACE (10K), 10 AM, Columbia, Don Heinke Sr, 9209 Furrow Av, Ellicott City, MD 21043 465-2813

AUGUST

- 23 SAT STOCKHOLM MARATHON, P. O. Box 10023, S-100/55, Stockholm, Sweden
- 24 SUN 5TH ANNUAL ANNAPOLIS 10M RUN, 7:30 AM, P. O. Box 187, Annapolis, MD 21404
- FALMOUTH PEKRIER ROAD RACE (7.1M), 790 Main St, Falmouth, MA 02540

SEPTEMBER

- 7 SUN MONTREAL MARATHON, P. O. Box 1570, Sta B, Montreal, QUE H3B3L2 514-879-1027
- 13 SAT HISTORIC GETTYSBURG MARATHON (+ 30), 8 AM, Gettysburg Chamber of Commerce, 33 York St, Gettysburg, PA 17325 717-334-8151
- 21 SUN PHILADELPHIA DISTANCE RUN ["a premier half-marathon"], YMCA, 1421 Arch St, Philadelphia, PA 19102
- 27 SAT VIRGINIA 10 MILER, 3020 Cranehill Dr, Lynchburg, VA 24503 [entries close April 30]

NOVEMBER

- 2 SUN 5TH ANNUAL MARINE CORPS MARATHON, 9 AM, Marine Barracks, 8th & I Sts, S.E., Wash- ington, D.C. 20390

ANNAPOLIS WEEK

"ROUND-THE-YARD-RUN"

SATURDAY APRIL 12TH

THE CLASS OF '81 INVITES YOU TO RUN
8.1 KM (APPROXIMATELY 5 MILES) FOR
FITNESS AND FUN.

MEET AT U. S. N. A. FIELD
HOUSE - 4:00 PM





5th ANNUAL ANNAPOLIS RUN

Maryland's Premier 10 Mile Road Race

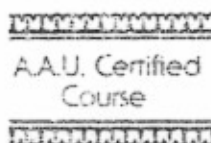
An Annapolis Striders Event

Sunday, August 24, 1980 — 7:30 a.m.

PROCEEDS TO THE AMERICAN HEART ASSOCIATION
FOR CARDIAC JOGGING PROGRAMS IN ANNE ARUNDEL CO.

PLACE: Severna Park High School-Evergreen and Robinson Roads,
Severna Park, Maryland

DIRECTIONS: From south or D.C. area: proceed to U.S. Rts. 50/301 inter-
change, N. on MD Rt. 3 to Benfield Blvd., E. 4 miles; From Balt.
area, S. on MD Rt. 2, W. on Robinson Rd., ¼ mile to school.



TIME: Registration 6:00 a.m. Refreshments Finish
Race Start 7:30 a.m. Awards 9:45 a.m.

ENTRY: \$5.00 FEE. LIMIT-2000 ENTRANTS OR AUG. 17th WHICHEVER
FIRST OCCURS. NO REFUNDS. NO TEAMS. NO POST ENTRIES.
NO UNOFFICIAL RUNNERS. ENTRANTS WILL RECEIVE MAIL
CONFIRMATION.

Sanctioned By



AWARDS: All finishers-singlers. 10 Divisions-32 awards. Random mer-
chandise awards.

COURSE: Scenic, gently rolling hills. Paved surfaces. Splits every mile.
Plenty of aid. Finish in Navy Stadium in Annapolis.

CLINIC: Saturday evening, August 23rd. Carbohydrate buffer, films,
displays, packet pick-up.

RECORD: 1978-DAN RINCON 50:25 1979-MARY WALSH 57:56
1979 1575 entrants — 16 states.

Check payable to: 5th Annapolis Run
Mail to: P.O. Box 187, Annapolis, Md. 21404

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	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	OFFICIAL USE ONLY
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Date

Signature of Runner

Date

SEX M F PHONE

- -

Signature of Parent (if under 18)

LAST

FIRST

STREET

MI

AGE RACE DAY PREDICTED TIME

:

CITY

STATE

ZIP

T-SHIRT SIZE

S M L XL