

Annapolis Striders A10 training program – summer 2008

Attention club members: To encourage more people to extend their horizons and work toward a goal of running 10 miles, the Annapolis Striders will offer an 8 week training program on Sundays starting at 0700 on June 29 at the City Dock in Annapolis. This program is free to club members.

The basic criteria to start the program is the ability to run 6 miles. This program for club members starts with 6 miles, adds 2 miles every other week and aims for a long training run of 12 miles before tapering 2 weeks before the A10 race (August 24). The following is the planned schedule: June 29/July 6 = 6 miles; July 13 & 20 = 8 miles; July 27/Aug 3 = 10 miles; Aug 10 = 12 miles; Aug 17 = 8 miles; and Aug 24 = A10 race.

The training venue will start at the City Dock (free parking until noon on Sundays) and proceed into the Naval Academy visitor's gate and run along the seawall passing the sailing center (1 mile) and the soccer field. Turning right at the first street past the foot bridge, the 2 mile point is on the college creek bridge. Continue on the main road to the Hospital gate, exit the Academy grounds and proceed over the academy bridge. The 3 mile point is on the downhill side. Once over the bridge, turn right on to MD 648 and turn right into the Ferry Farms community. Follow the roads in Ferry Farms and turn right at the first side street. That leads you back to MD 648 where you turn right and head toward the Naval Academy golf course. The 4 mile mark is just before the traffic light at the Naval Station entrance road. Continue straight toward the golf course. The 5 mile mark is at the parking lot for the golf course.

Remember to carry your ID with you to ensure access to the Naval Academy! There is water available at several points on the academy grounds, at Chris Riley's house in Ferry Farms and at the golf course. Since it will be the middle of summer, it is always a good idea to carry your own water supply if possible.

Participants should still try to enter the race via the existing process. However, members will be eligible for guaranteed entry into the A10. You will still have to pay the fee but you won't have to worry about getting shut out when regular entries close out. If you don't get your mileage up to the point where you feel comfortable about attempting the A10, don't worry, you will still be able to sign up as a volunteer to work the race. FYI, in most years, the volunteers actually have more fun than the runners!

If you would like to sign up for this training program, please send an email to Penny Goldstein at munch301@verizon.net. Send questions to Evan Thomas at roadrunner0218@gmail.com. A complete list of training personnel and a separate entry form will be available shortly on the club website. In fact [click here for the entry form](#).