

THE ANNAPOLIS STRIDERS PROUDLY ANNOUNCE:

A 9-WEEK BUILD-UP PROGRAM FOR THE 2008 ANNAPOLIS 10 MILE RUN

1st Session 700am Sunday, June 29, 2008 City Dock, Annapolis

This **low-key program** will guide the participants from a base of 6 miles up to a long run of 12 miles in 9 weeks. The goal will be for all who complete the program to be able to complete the Annapolis 10 Mile Run on August 24th 2008 starting and finishing at the Navy-Marine Corps Stadium.

Prerequisites: Annapolis Strider membership and ability to run 6 miles as outlined above.

Sessions: Weekly: each Sunday at 700 am. Those who can't attend the session should strive to do it on their own. An alternative would be to do the distance on Saturdays at 0700 starting at Jonas Green Park at the foot of the Naval Academy bridge. For more details click [here](#).

Program Includes: How to build up for the 10 Miler, various pace charts, injury prevention and treatment, running safety, and keeping running fun. Information on appropriate summer running attire and hydration will also be provided.

Cost: No charge for Annapolis Strider members. See membership form/entry blank below.

Registration Instructions: Fill out the form below - a separate form is needed for each person. Parents must sign for those under age 18. Mail forms by June 23 to Penny Goldstein, 2348 Putman Ln, Crofton, MD 21114. After that, bring completed forms to the first session. Make checks payable to the Annapolis Striders. For information, call Evan Thomas – 410-451-4155 (roadrunner0218@Gmail.com) or Penny Goldstein - 410-721-6614 (munch301@verizon.net).

Sponsored by the Annapolis Striders a 1,200 member non-profit organization dedicated to improving health and fitness through distance running. Website: www.annapolisstriders.org.

Directions to city dock parking lot: from Rte 50 – go to Rowe Blvd exit and proceed past the Navy-Marine Corps stadium toward the capitol. Stay on Rowe Blvd up to Church Circle. Take the Duke of Gloucester St spoke and continue on to Green St. Turn left on Green St and proceed to the City Dock parking lot – parking is free until noon on Sundays.

ANNAPOLIS STRIDERS MEMBERSHIP FORM
2008 ANNAPOLIS 10 MILE RUN TRAINING PROGRAM

TYPE OF MEMBERSHIP NEW RENEWAL CURRENT (CURRENT MEMBERS SEND NO MONEY)
 INDIVIDUAL \$15 ; SECOND MEMBER IN SAME HOUSEHOLD: \$10 ; FAMILY (ATTACH SEPARATE FORM FOR EACH MEMBER) \$30; JUNIOR MEMBER UNDER 18 YEARS(PARENT/GUARDIAN MUST SIGN): \$6.

LAST NAME _____ FIRST NAME _____ MI _____ Birthdate _____

STREET & NR _____ CITY _____ ST _____ ZIP _____

EMAIL _____ PHONE NR _____

WAIVER AND RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including, but not limited to, falls, contact with participants, effects of weather, road and traffic conditions- these risks being known and appreciated by me. Having read this Waiver Release and considering the acceptance of my application, I, for myself, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, all sponsors and hosts, and their representatives and successors from any claim of liability arising from my participation in this activity.

SIGNATURE OF ENTRANT: _____ DATE _____

SIGNATURE OF PARENT/GUARDIAN IF ENTRANT IS UNDER AGE 18 _____ DATE _____

(MANDATORY)