

THE ANNAPOLIS STRIDERS PROUDLY ANNOUNCE:

**A 7-WEEK BUILD-UP PROGRAM FOR THE 2010 ANNAPOLIS 10 MILE RUN**

**1st Session** 7:00am Sunday, July 11, 2010 City Dock, Annapolis

This **low-key program** will guide the participants from a base of 6 miles up to a long run of 10 miles in 7 weeks. The goal will be for all who complete the program to be able to complete the Annapolis 10 Mile Run on August 29<sup>th</sup> 2010 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 7:00 am.

**Program Includes:** How to build up for the 10-Mile Run, injury prevention, running safety, healthy diet, weight loss, and keeping running fun. Information on appropriate summer running attire and hydration will also be provided. For club members: *A small number of A -10 entry slots will be available for participants who previously have not done the 10-mile distance.* [Click here for the 2010 Training Schedule.](#)

**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 participants under age 18. Mail forms by July 3rd to Tom DeKornfeld at 307 Dewey Drive, Annapolis, MD 21401. After that, bring completed forms to the first session. Make checks payable to *Annapolis Striders*. For information, call Tom DeKornfeld – 410-562-4489 (tdekornfeld@yahoo.com) or Penny Goldstein - 410-721-6614 ([munch301@verizon.net](mailto:munch301@verizon.net)).

**Sponsored by the Annapolis Striders** a 1,300-member non-profit organization dedicated to improving health and fitness through distance running. Website: [www.annapolisstriders.org](http://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 near the Harbor Master's office/public rest rooms – parking is free until noon on Sundays.

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ANNAPOLIS STRIDERS MEMBERSHIP FORM  
2010 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 \_\_\_\_\_ Birth Date \_\_\_\_\_

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)