



Annapolis Striders 10K Running Class



The Annapolis Striders are proud to announce that after much success the last nine years, we are again offering the 10K running class. This class is intended for those who are looking to advance from a 5K to a 10K distance or looking to improve their 5K or 10K performances. This class is open to all types of runners, fast, slow, short, tall, we take everyone who enjoys running!

Class meets: **Starting on **Tuesday September 13th** and then continuing on Tuesdays and Saturdays from **September 17th through November 19th**. Ten weeks to a better 8K or 10K! Graduation "Exercise" will be the Cold Turkey 10K Race on November 20th.

Cost: No charge, but must be a member of Annapolis Striders to participate. Membership can be purchased first day of class for \$15.00.

Time/Location: On Tuesday, September 13th, we will meet at **6:15 pm** at Mile 1 on B&A Trail. (Arnold Station Road—park behind shopping center.) From September 13th to October 10, 2011, we will meet on **Tuesdays at 6:15 pm** at Mile 1 on B&A Trail. (Arnold Station Road—park behind shopping center.) Then starting October the 11th the class will meet at AACC at 6:15 p.m. (Please park in the college parking lot.) On October 4th, we will meet at Bates Middle School for a running field trip to Annapolis Running Shop.

Saturday: 8 am Start – will be announced, but will vary from various scenic locations, such as Naval Academy Gate 8, scenic overlook at War Memorial, Kinder Farm Park, Mile 7 on B&A trail, Mile 1 on B&A trail.

Training to include: Fartlek, cruise intervals, easy speed, tempo runs and hills with the objective to train, not strain, to do better 5, 8 or 10K and have fun at the same time.

Lecture sessions: Healthy living for today's runner by Sage House, injury prevention, runner's safety, yoga, nutrition, running attire, pre-warm up exercises and cross training.

Premiums: Short sleeve running shirt to wear during class and when participating in races, graduation premium to all who complete the course, discount at Annapolis Running Shoppe, discount at Sage House, a discount entry to Cold Turkey 10K, and more in the works!

For more information contact:

Donna Cogle at 443-623-6628

email - rundonna1@aol.com

Kathy Hanson

email – khanson21401@yahoo.com

Lynne Traher at 410-303-6235

email - manulady2003@yahoo.com

Joe Hatcher at 410-491-8695

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You can also mail applications to Donna Cogle at 306 Sharon Drive, Pasadena, MD 21122.



APPLICATION FORM – 10K Running Class

LAST NAME _____ FIRST NAME: _____

STREET: _____ ST: _____ ZIP CODE: _____

BIRTH DATE: _____ GENDER: M: ___ F: ___ STRIDER: Y: ___ N: ___ SHIRT SIZE _____

PHONE: _____ EMAIL: _____

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 participant, effects of weather and road and traffic conditions, and these risks being known and appreciated by me. Having read this Waiver Release and considering the acceptance of my application, I, for myself and anyone entitles to act on my behalf, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, all sponsors and host, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____

