

NOMINEES SOUGHT FOR ANNAPOLIS STRIDER YEARLY AWARDS

The recipients of the Annapolis Striders Annual Awards for 2009 will be announced at the Annual Meeting in February 2010. The Awards Committee is soliciting nominations now for the awards and we want your input!

Deadline: Please e-mail the following information to: Bob Cawood Rcawood@mch-lawfirm.com, Tom DeKornfeld tdekornfeld@yahoo.com Matt Mace mamace@ober.com Susan Noble susanmnoble@verizon.net by **December 21, 2009**.

Please include the following information:

- 1) Name and Age of nominee, as of January 1, 2010;
- 2) Nomination Category: (a) Runner of the Year (male/female), (b) Most Improved (male/female), (c) Masters Runner of the Year (40+) (male/female), (d) Grandmaster Runner of the Year (50+) (male/female), (e) Junior Strider of the Year, (f) Volunteer of the Year, (g) Ultrarunner of the Year (male/female), (h) Strider of the Year, (i) Ben Moore Lifetime Achievement Award, and (j) Purple Heart Award (for a runner coming back from illness or injury);
- 3) Name of each Champ Series Races completed by nominee and times;
- 4) Name of each AS non-champ series races completed by nominee and times;
- 5) Name and date of non-Strider races completed by nominee and times;
- 6) Volunteer Activities;
- 7) Submitter's Name, phone number and e-mail; and
- 8) Any other information you would like to pass on to us.

Please remember that: (a) only members in good standing are eligible, (b) a running award cannot be awarded if the nominee was given an award last year and (c) all paid members can nominate, including self-nomination.

We want to hear from you, so please send us your nominations!