



Santa Fe Striders

August 1981

AUGUST MEETING A COOKOUT:

Tuesday the 18th at 6:30 p.m. the Striders will meet at President Greg Ohlsen's house. Greg lives at 1261 Cerro Gordo, and not only is he offering his home, but he'll be firing up the barbeque pit. So, bring your own (whatever) to cook over the coals. As your fancy dictates, also bring a vegetable, salad, casserole or dessert. And, of course, the beverage of your choice.

Featured speaker will be Jerry Dorbin, businessman, writer and marathoner. His topic will be "The No-Mileage Method of Training for Marathons." Jerry promises to save some jokes for the evening, and, of course he will be happy to entertain questions.

The long, hot summer continues, and so do the highly successful Wednesday night FUN RUNS. Anyone interested in doing a scenic, timed 3.5-miler should meet at Canyon Road Park slightly before 7:00 p.m. We record your results and help you chart your improvement. The fun runs will continue as long as weather and interest permit.

A huge thank you to Bill Forsythe for the August 1st adventure run and barbeque at his home.

FLASH BULLETIN:

The all-comer track meet, originally scheduled for August, has been postponed. The new (tentative) date is September 19th. Check with Linn's Locker for an update. Comments George, "This is the fun run equivalent of a track and field meet." Volunteers are needed: Talk with George at the shop.

MARK YOUR CALENDAR:

- August 15: Santa Fe: All Women's Run, 5k, 8:00 a.m.
- August 16: Tri-Athlon (10-mile bike ride, 10 25-meter lap swim, 10 mile run)-Alb.
- Sept. 7: Santa Fe Trail Run- 5k, 10k
- Sept. 12: United Blood Services 5-miler-Alb./ (Runners must donate a pint of blood by 9/1)
- Sept. 13: Ouray to Telluride Run (18 miles, starts at 8,500 feet, ascends to Imogene Pass.)
- October 3: Women's Fun Run ("For the Health of It")- Los Alamos
- October 3: 7th Annual Allsup's Marathon- Clovis, N.M. (½ marathon, 10 K also)
- December 5: 11th Annual Fiesta Bowl Marathon- Scottsdale, Arizona

HAPPY RUNNING, *Elaine & Lenny*

1624 St. Michaels Drive, Santa Fe, New Mexico 87501 (505) 471-4443

P.S. George Linn reminds us that the 10% Strider discount is still in effect. Just ask!