

FIVE CENTS WORTH from Mary Nichols

There will be no formal meeting of the club for February. We are, however, planning to begin our Tuesday track work-outs at Santa Fe High School. The first work-outs are more discipline than for speed so come give it a try. We meet around 5:30 pm at the track.

Elaine Pinkerton has a condominium at Pagosa Springs available for the three-day week-end of February 13-15. There is a small group going to spend three fun-filled days skiing both down hill and cross country. There is room for two or three more people and anyone interested should call Mary Nichols at 471-2806, eves.. Pagosa Springs has good cross-country facilities, and so does Purgatory. There is beautiful downhill skiing at Wolf Creek, just 25 miles east.

Saturday, March 12, 1988, there will be a 5K cross country campus run at the Santa Fe Indian School. Coach Michael Gorospe would welcome our help and also

entries. If you wish to help, Mike can be reached at 988-6339. Please **Come** and help the Runnin Braves.

Those of you who missed the Corrida de los Locos missed a great fun race. We need to express many thanks to Dave Giles and his workers. There was a record number of runners and everyone had an enjoyable run. Nice T-shirts thanks, Tom Tiano and the artist.

Those of you interested; the New Mexico TAC has again moved. New address is 120 Amherst N.E., Albuquerque, N.M. 87106.

ROAD APPLES from Kenny

As the new officers of the club get into the operating mode for the year I hope we can do a good job for all you club members. We start this year as an all women's group. We will be expecting lots of male help and ideas.

Let us know what kind of meetings you would like. Also I will welcome any articles or ideas for things to put

into the newsletter. If you have results, ideas and/or complaints call me at 983-6616.

I believe the one thing runners think about almost as much as running is food. Because of this I decided to join the Eat Right program and will plan to review the lectures for the newsletter.

The first meeting I attended was, Fat Makes Us Fatter. The main reason this is true is because of compact concentrated calories in fat. A gram of carbs has 4 calories; one gram of alcohol has 7 calories; and one gram of fat has 8 calories.

Fat is also converted into body fat easier than carbs. The body uses 23 calories of a 100 carbo calories to convert into body fat while it only uses 3 calories of 100 fat calories to convert into body fat.

The body does need fat but an adult only needs one tablespoon daily. It is very important to drink at least eight glasses of water a day and to increase fiber in your diet. Latest studies show

beans, apples with skin, and oat bran are very important to your diet and may reduce your blood cholesterol.

LETTERS TO THE EDITOR

Striders,

1-22-88

...My running here has been twice interrupted with stress fractures of the tibia...So now, no running until mid-March.

There is an excellent local running group and an active Hash House Harriers group here.

I expect to be able to do more with them come March.

Frank Williams
1183 Clifton Road N.E.
Atlanta, GA 30307

"You must discover the body's secrets. Alone you must find them. Then teach the body to run at changing speeds." Otto Peltzer - 1926 Olympic runner, Germany.

"Run only if you must. If running is an imperative that comes from inside you...Otherwise, heed the inner calling to your own Play...then do what you do best and feel best at."
George Sheehan.

=RECENT RESULTS=

ALBUQ. CROSS-COUNTRY TWOSOME (6K, Bullhead Park, 1/23)—Dave Giles (25:05) and June Dickinson (28:38), 3rd masters coed team; Ted Atkins (24:40, 28th indiv. overall) and Jerry Dorbin (28:29).

HOUSTON MARATHON (1/17)—Jack Lippincott, 3:09:54 in his 14th consecutive Houston. Qualifies for Boston and plans to run it.

LOS LUNAS HALF MARATHON (apparently about 14 miles, 1/17)—Dan Cron, 1:36; Mary Nichols, 1st woman overall, 1:42:20; Ted Atkins, 1:44:02; Jody Visalli, 3rd woman overall and 2nd masters, 1:53:20; and Jerry Dorbin, 2:02:40.

CORRIDA de los LOCOS (4.7 miles, 1/16. 132 total runners a race record; and about 50 members a near record for any one race) —Leo Torres, 6th overall, 28:25; George Croshaw, 7th overall and 2nd man 40-49, 28:30; Ron Valdez, 8th overall, 28:46; Ed Heffern, 9th overall, 29:13; Lou Marjon, 10th overall and 3rd man 40-49, 29:31; Danny Anaya, 13th overall, 29:56; Ken French, 14th in 29:58; Rocky Kimball, 30:04; Mike Rivera, 30:26; Tim Burrell, 30:35; Ted Atkins, 1st man 20-29, 31:23; Cathy Ducaj, 1st woman overall, 31:24; Robert Werner, 31:25; Jimmy Macias, 31:34; Jody Visalli, 2nd woman overall and 1st female masters, 31:46; Pat Rodriguez, 32:40; Randy Bartell, 32:51; Mary Nichols, 3rd woman overall and 2nd masters, 32:53; Phil Pannbecker, 33:19; Leroy Ramirez, 33:26; Dennis Cooper, 33:47; Dale Goering, 1st man 50-and-up, 34:10; Dave Sneesby, 34:20; Pat Lucero, 34:27; Tim Alton, 34:32; Buddy Roybal, 34:50; Bill Harker, 35:41; Mike Harris, 36:15; Bill Earl, 36:20; Graydon Anderson, 36:32; Jerry Dorbin, 3rd man 50, 37:09; Judy Heffern, 2nd woman 30-39, 37:35; Leo Hosenfeld, 37:42; Shirley Lynn, 3rd woman 30, 37:50; Diana Best, 38:12; John Moses, 38:29; June Dickinson, 1st woman 50, 40:33; Spritely-Rightly, 1st dog, 40:33; Vivian Reinikainen, 3rd woman 40, 40:36; John Gundzik, 40:36; Sandi Macias, 41:03; Ray Sosaya, 42:20; John Arnold, 43:28; October Arnold, 2nd dog overall, 43:28; Kathy Rivera, 44:08; Elaine Pinkerton, 44:09; Kenny Goering, 2nd woman 50, 45:21; Debbi Wielgusz, 45:21; Maureen Burrell, 48:45; Bassabah and Brix Burrell, tied for 3rd dogs overall, 48:45; Ellen Stelling, 48:45; Susan Rush, 49:20; Rose Alton, 50:13; and Alex Sosaya, aged 9, 51:07. Sponsored by Tom's Sports Center.

SAN DIEGO MARATHON (previously unreported in newsletter)—Jimmy Macias, 3:02:01, plans to apply for Boston; Mike Rivera, now 40, 3:09:38, qualifies for Boston and plans to run it; Sandi Macias and Debbie Cornish, both 4:15 in their first marathons.

SAN DIEGO 10K—Kathy Rivera, 55:00

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=COMING EVENTS=

- FEB. 13—UNM Valentine's Day 3-Miler; Kathryn Lein, UNM Leisure Services, 277-4347. North Golf Course (near Lomas & Yale)
- * FEB. 14—Masters Mid-Winter Run-Around 2½ & 5-Milers for 40-and-over aged runners; 10 a.m. from Southwestern Indian Poly off North Coors in Albuquerque. Free to members of Master Runners Unlimited or those who join for \$6 through June or \$12 for year. All others \$5 entry fee to Feb. 11; \$8 race day to 9:30. Skip Dougherty, 888-1443 or 293-5431. Running gloves to all entrants; medals to top three in each five-year age group; awards to first places, overall, each distance. Polly Baker Memorial traveling trophy to first woman overall at five miles. Mary, remember to take your Polly Baker Trophy back to the race!
- * FEB. 27—6th Annual Cahoon Park 10K, 10 a.m., Roswell. \$6 early entry; \$7 after Feb. 22. Ten-year age groups to 60-up. Trophies, ribbons, gift certificates, T-shirts. Roswell Parks & Rec, P. O. Drawer 1838, Roswell, 88201.
- * MAR. 12—Spring 5K, Santa Fe Indian School campus. More details Wednesday nights and next newsletter.
- MAR. 13—Run for the Blue, Albuquerque Police Dept. 5K and 10K. More details next newsletter.
- MAR. 26—Albuquerque Parks & Rec Dept. 5K and 15K; more details next Mile Markers.
- APR 3-4—Albuquerque Road Runners 24-Hour Run, Highland High Track.
- * APR. 9—2nd Annual St. Vincent Five-Mile, from the hospital down Zia and Rodeo Roads to Villa Linda Mall. Further details, next Mile Markers.
- * APR. 23—Jog Your Mind 5K Library Run from Stanford N.E. to downtown Albuquerque Library. Info next newsletter or call Gil's, 268-6300.
- APR. 24—St. Catherine's "Fun" Run 5K, from the campus, Griffin Street. Presumably more details next month.
- APR. 24—Run for Peace 5K & 10K, Albuquerque. Kathy Samet.
- * JUNE 4—TENTH ANNUAL SANTA FE RUN-AROUND 10K, from the Plaza, 8 a.m. Leo Hosenfeld, race director. Entry forms and details should be available by late April. Plan to help.

WEDNESDAY NIGHT FUN RUNS CONTINUE FROM THE PLAZA STARTING 5:30 P.M.

* Club has or will have entry forms and information on indicated races.

RUNNER'S LAMENT - THEY'D JUST AS
SOON RUN OVER YOU AS LOOK AT YOU

In Santa Fe, pickup trucks and jeeps
Are driven mostly by macho creeps.

Moises C. de Baca
(nom de plume)

HERMAN



"You don't look it."

HERMAN



"He bought an exercise bike
and couldn't get it started."