



We Give You the Run-Around

P.O. Box 1818, Santa Fe, N.M. 87504

Our April Meeting will be held Tuesday, April 12, at 7pm. The meeting will be held at Greg Ohlsen's house, 1165 East Alameda. There will be a pot luck dinner followed by a short business meeting and a very interesting program.

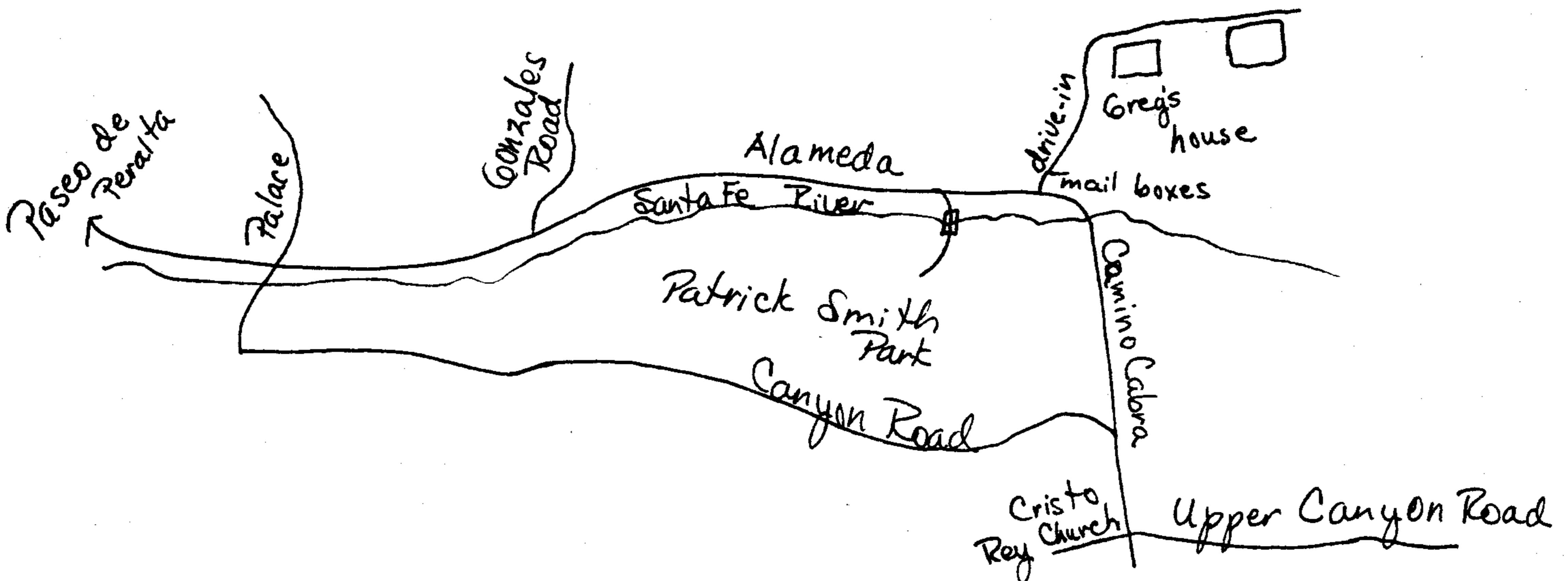
Janie O'Rourke, a top woman runner from Los Alamos, will tell us of her success with a coaching program called Serious System. This will be of great interest to many of us as it may be used for any sport. Invite your biking, skiing, swimming, tennis friends. Janie improved her 5K time from a 20min. to an 18:40 and placed in the first ten at last year's Women's Run.

Please park with consideration for Greg's neighbors by pulling off the drive as far as possible.

As K.C. Compton said it has truly been the Sounds of Sinus this spring. It certainly helps to stay inside, but who of us runners can resist a sunny warm day?! If you take the medications you feel as if you are trying to run underwater and you fall asleep at the first inactive minute. If you don't take the meds you are very cranky and look unpleasant; what with red nose, mouth breathing and eyes streaming.

Tom Osler quoted in Bob Julyan's column says only diet seems to help "By avoiding rich foods, such as cake, pie, ice cream and all products containing sugar or honey, my allergy symptoms are reduced considerably."

George Sheehan has written that he attributes post-run allergic reactions to



something the runner has eaten. He suggests grain or milk products be cut out for a test. Myself I have found when I cut out fats my allergies were better. Anyway just remember, this too shall pass!

Congratulations to Lorenzo Garcia and Dan Maas on well done recent runs.

The Master Runners Unlimited plan to have their "Santa Fe Shuffle", Sunday, April 17. We will meet at Fort Marcy Park at 2pm and car pool to Chris Kassube's home, 210 Camino Encantada. We will have a course of 5 miles and a shorter one for running and walking. There will be a cook-out following with food furnished

REMEMBER DAY LIGHT SAVINGS STARTS EARLY
THIS YEAR ----APRIL 3 ---- So the FUN
RUNS will start at 6:00pm on April 6!!!

and price to be divided. Everyone 40 years and over is invited. (We will include Greg Ohlsen since his birthday is the next day.) RSVPs are required because of the food to be provided. Call 983-6616.

Anyone wanting to participate in the Lamy Fun Run for a shorter distance feel free to park at Goering's which is 10 miles to Lamy or the Eldorado Store is about 5 miles on to Lamy.

TRANSLATIONS for Mary's sign-off

"¡Ojalá que sí!"

Gringo translation: "May God grant it."

Jewish translation: "From your lips to God's ears."

American Indian translation: "May Mother Earth, Father Sky and all the Great Spirits make my moccasins light and swift for many beautiful years."

RACES COMING UP

April 2 - UNM Lobos/NMTAC all-comers T&F meet. Del Hessel 1-277-4917 Open and Masters

April 2-3 24 hour Relay and Run. Starts at 8:00am Saturday. Highland High School track. 4700 Coal SE, Albuquerque

* April 9 - St. Vincent's Hospital 5-miler \$7.00 with T-shirt. Starts at 10:00am at Botolph Road and St. Michael's Drive

* April 10 - Bill Recinos Memorial Run, 10K - starts at 10:00am in Kit Carson Park. \$14.00 with sweatshirt, \$8.00 without

April 10 - Lamy Fun Run starts at St. Vincent's Hospital at 9:00am \$.25 entry fee and brunch at Lamy (optional) you pay.

* April 16 - Gathering of Nations starts at UNM University Arena at 9:00am \$8.00 pre-reg

- April 17 - Master's Runners Unlimited Santa Fe Run 2:00pm at Fort Marcy Park. Call Goering's 983-6616 for reservation and/or info.
- April 18 - Boston Marathon Good luck to Striders that are running.
- * April 23 - Jog Your Mind starts UNM Law School Library at 9:00am \$8.00 thru April 22
- April 24 - Richard Harper 5K Twosome (male-female) starts at Albuquerque Academy at 9:00am \$7.00 pre-registration (TAC discount \$1.00)
- April 24 - Jay Benson Triathlon at Kirkland Air Force Base 8:00am \$10.00
- April 24 - St. Catherine's 5K at 8:30am \$8.00 982-2996
- * April 24 - Spring for Peace 5K and 10K with 2mile walk starts at Third and Roma at 9:00am \$8.00 with T-shirt and \$4.00 without
- April 30 - NM Senior Olympics - entry forms at Gardenswartz in Albuquerque
- * May 1 - Pentathlon, 3200, 800, 200, 400, and 1600 metres. 8:00am at Milne Stadium \$6.00 pre-registration or no fee for TAC members.
- May 7 - Stay In School Run Tom Rojas 1-268-8504
- May 7 - Dinosaur Run 5K and 10K with 2mile walk
- May 8 - Say No to Drugs 5K and 2mile walk
- May 8 - Jemez Pueblo 5K and 10K Robert Fragua 1-834-7683
- May 15 - Zoo Run 5K, 10K and 2mile walk
- May 21 - Corrida de los Ninos for ages up to high school plan to help
- May 22 - Cerrillos, NM Devil's Throne 5K and 15K 1-268-6300, Gil's Runners Shoeworld
- May 30 - Project Heart Start 5K 1-841-1438
- May 30 - Bolder Boulder 10K 3033 Iris Street, Boulder, CO 80301 (303) 444-RACE
- June 4 - Santa Fe Run-Around
- * June 4 - 17th Annual Leggs Mini-Marathon 10:00am New York City (Women Only)
- June 5 - Hospital Hill Half-Marathon 2440 Pershing Road, Kansas City, MO 64108 (816) 274-4039
- June 8,9, and 10 - NM Senior Olympics at UNM for participants at the previous state meet - April 30

Important May meet the Corrida de los Ninos!

I have entry blanks for the starred races. Kenny 983-6616

AN INTERVIEW WITH TIM ALTON OF ALTON'S AUTOMOTIVE...The other blue-collar runner.

Tim Alton is a native Santa Fean. He's married, has two lovely daughters, and his wife, Rose, is also a dedicated runner. Tim has been running regularly since 1981, averaging about 15-20 miles per week in winter and between 30 and 40 miles per week during the summer. Tim is 37 years old and has a very successful automotive repair business in Santa Fe.

Tim cites the Santa Fe Run-Around as his reason for starting the sport of running. "A friend of mine got me running...it just kind of snowballed, just to stay fit. He's long-since quit. In fact, we did that first 10K the Santa Fe Run-Around together. The Run-Around has always been my favorite race."

As far as being a "blue-collar" worker in a "yuppie sport", Tim says, "Running seems to be something that I can fit in and do well. It fits my needs and concerns. My goals are to better my times, especially at the Run-Around...I gear myself for it. I just feel that running gives me an edge to get through a hectic schedule. I feel it if I don't run; I think it gives me a better outlook and makes me better able to handle stress.

"Last summer was a pretty bad season. I stayed with the short runs and started making excuses not to put in the miles that are necessary to do a good run like the Run-Around. I run regularly with Buddy (Roybal). We'll stretch out the mileage starting in mid-March. We help each other run our schedules. We have to run in the mornings...we'll start the week with a 5-miler and end the week with a 9-miler. Most of our runs take us through the downtown area."

I asked Tim about running with his wife and he laughed and said, "I never run with Rose, who has a faithful partner of her own. They get the mileage in. Rose was utterly thrilled last year to complete the Run-Around and plans to do it and several more this year."

When I said their mutual friend, Sandy Macias had successfully run her first Marathon last November in San Diego Tim confessed, "I was pretty jealous. I've always wanted to do a marathon but couldn't spare the time, plus motivation. A half-marathon is the max so far. I think it would be a shame to end a running career and not have done the marathon...I think that's every runner's goal whether they admit it or not. I plan to run forever, as long as my legs will carry me.."

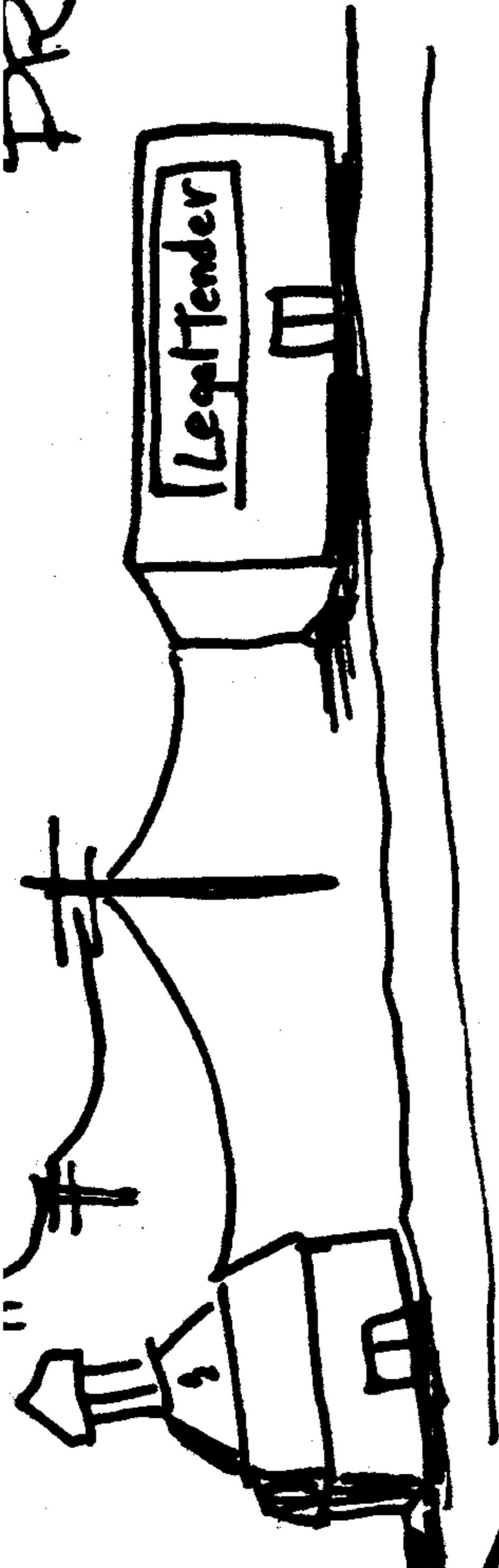
To which I can only add, "¡Ojalá que sí, Tim!"

Mary

PRESENTING:

THE 4TH ANNUAL (cheap)

LAMY FUNROW



A "FLAT" 16-MILE COURSE FROM ST. VICTIMS HOSPITAL TO LAMY.

9:00 AM SUNDAY APRIL 10TH

NO HOST BRUNCH AT
THE LEGAL TENDER'S
SUN PORCH @

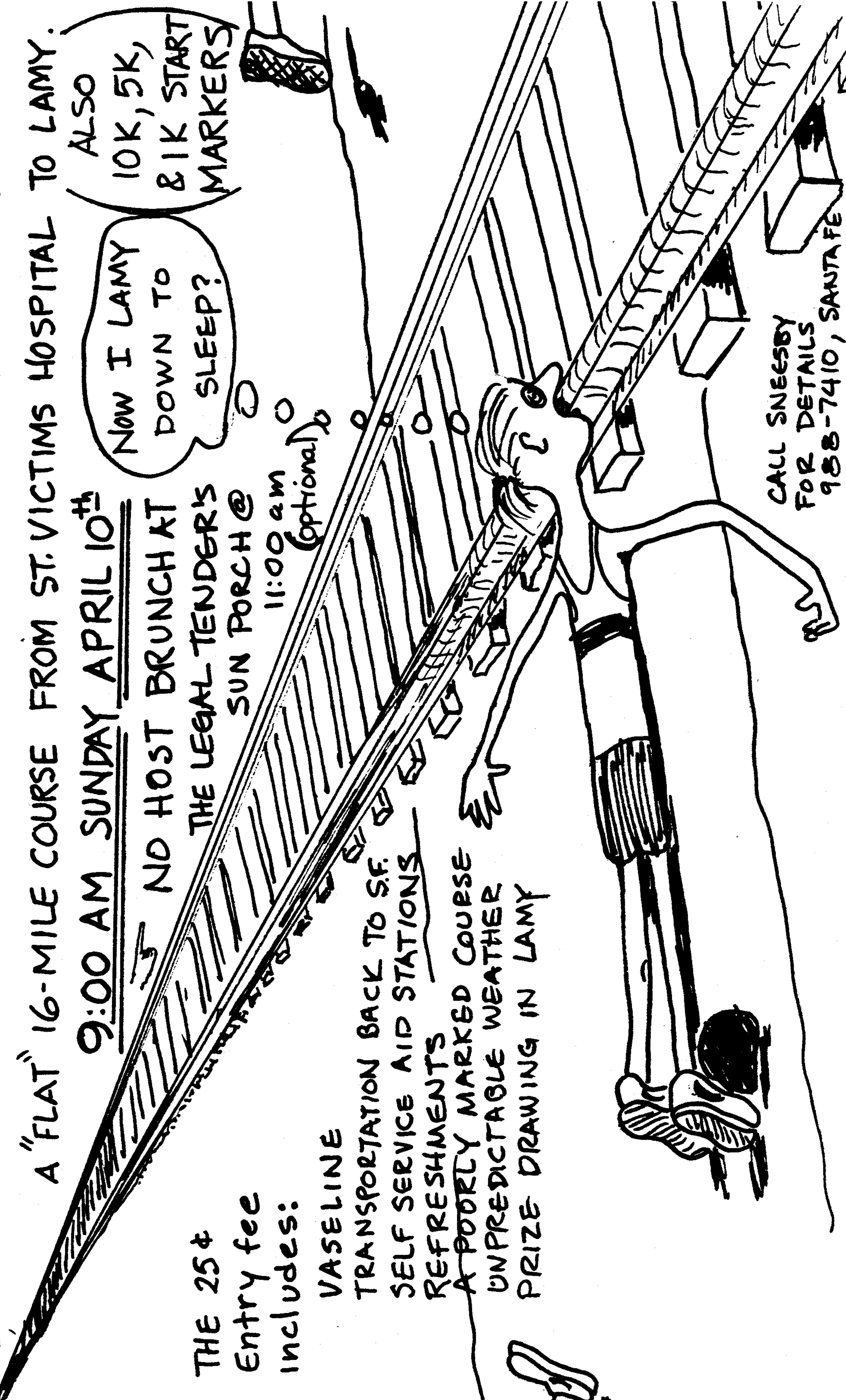
11:00 am
(optional)

NOW I LAMY
DOWN TO
SLEEP?

ALSO
10K, 5K,
& 1K START
MARKERS

THE 25¢
Entry fee
includes:

- VASELINE
- TRANSPORTATION BACK TO S.F.
- SELF SERVICE AID STATIONS
- REFRESHMENTS
- A POORLY MARKED COURSE
- UNPREDICTABLE WEATHER
- PRIZE DRAWING IN LAMY



CALL SNEESBY
FOR DETAILS
988-7410, SANTA FE