

The

STRIDER



No. 1

FEBRUARY 1, 1979

Off and Running

NEXT MEETING - Tuesday February 13th, 8PM, basement 1st Northern Plaza Building at Sandoval and Water.

Meetings are held the second Tuesday of each month at the above location.

FUN RUNS - first Saturday of each month at NOON. St John's College Track. Certificates of performance will be awarded.

ARBOR DAY RACE - a 2 mile run for kids 12 and under. March 10th in the downtown area.

The February meeting will feature George Yu - pathologist and marathoner, not necessarily in that order. The Bio-chemistry of Running.

In March we'll feature Dave Kyger, an internist on the physiology of exercise.

The January meeting featured Carl Miller, coach of the American AAU weight-lifting team. Carl presented a fascinating tie-in of weights with track training and showed how, contrary to the anerobic concept of weights, that they can be utilized for aerobic conditioning. Good meeting.

The group appears to be off to a good start, going through some to-be-expected growing pains as to just who belongs as a paid-in-full member; what we'll do with ourselves (and hopefully, to others); directions to take. Input, as always, is welcomed.

By the way, if you don't get this letter, let me (George Rogers at 455-2574) know. Also let me know how you read it if you didn't get it.... or something!

Note our regular meeting date and place. Also the regularly scheduled FUN RUN which we expect will be carried by RUNNERS WORLD.

Please be certain at the next meeting to let us know correct phone numbers, addresses and if you have paid your dues but we don't show it.

This will be a monthly mailing. Any ideas you'd like to see incorporated, let us know that too. Hopefully we'll be able to stay on top of regional events and let you know whens and wheres.

See you Tuesday.