

the

# STRIDERS



Vol. 11

January 1980

Happy skiing!

"TO TRULY BECOME NUMBER ONE YOU MUST  
CONSTANTLY STRIVE TO SURPASS YOURSELF  
NOT THE COMPETITION"

I did not originate the above statement but it does serve as a motto for my philosophy about running. In fact, it serves as my motto for all sports.

Also, I believe that this motto would suit our Santa Fe Striders Running Club if it had the phrase "while having fun" added in some where.

"While having fun" is primarily what our club is about. While trying to surpass oneself in any sports a certain amount of hard, tough work is required. This work is easier to endure if it involves some fun, pleasure, and enjoyment.

For the beginning of 1980 I would like to submit to you a resolution. Let's spread the word about our club. Make sure that all Santa Feans who have an interest in some aspect of running know about the Santa Fe Striders and what we are all about. To join all that is needed is the attached application and \$5.00 and an interest in jogging, running, shuffling, or racing.

As I explained last month, January 1, 1980, marks the beginning of a new membership year. If you have joined since October 1, 1979, your membership is good until December 31, 1980. If you joined prior to October 1, 1979, you should now renew your membership.

Also readers NOTICE THIS. If you have been receiving this letter each of the past 3 months even though you are not a member this will be the last one you will receive unless you join the club. Starting next month this letter, road race schedules and jogging information will only be sent to members.

Our next meeting will be Tuesday, January 15, 1980, at 8 pm in the basement of the First Northern Plaza. The program will feature Dr. Steve Weiner, an orthopedic surgeon, who will talk about knees, how they work, how they get injured, and how you can protect them.

2nd page letter dated January 8, 1980

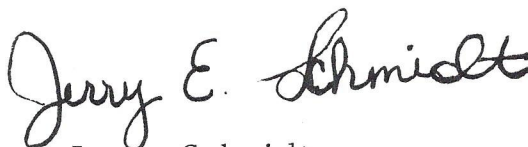
Upcomming races:

15 KM, AAU Championship in Albuquerque,  
1/20/80, Southend of Tingley by path, 1½  
miles from Kit Carson Park.

Tucson Marathon, 1/27/80, Tucson, AZ

Albuquerque Indoor Track and Field meet,  
2/2/80, Albuquerque Indoor Jay Cee

See you next Tuesday.

A handwritten signature in cursive script that reads "Jerry E. Schmidt". The signature is written in dark ink and is positioned above the printed name and title.

Jerry Schmidt  
President