



# *Santa Fe Striders*

July 1980

## Another Hash Run

By popular demand, the Hash House Harriers will again run the countryside in search of beer. Bring \$2 and your enthusiasm to St. John's track July 8, at 6:30 p.m. Sheila Cotter will answer any reasonable questions about hash run etiquette if you missed our last gala and don't understand a word of what you've just read. 667-2955 (w) or 982-1200 (h).

## Fitness Kills

See our attached "brochure" on the 3 Peaks Run scheduled for July 12.

## July Meeting

July 15 at 8 p.m. sharp at the First Northern Savings & Loan basement conference room. (Use the Sandoval Street entrance.)

If you want to be on the agenda for any business meeting, please contact me beforehand. My goal is to emphasize speakers and activities and to minimize the boring stuff.

Kathy Samet of Albuquerque will be our speaker. Kathy took a 5th place in the women's division at the 1980 Boston Marathon with a 2:42:50 time.

## Fun Runs

The Saturday morning fun runs have been retired and will be replaced with a week night workout. More than that we don't know at press time. Watch the New Mexican sports section to see what we come up with.

In haste,

*Molly Munson*

Molly Munson  
President

# 3 Peaks Run

*Saturday, July 12, 1980*

Seasoned runners! Want to get high? Join us for a 15-18\*\* mile loop through some of this area's most beautiful scenery. We will run, walk, and climb our way to the top of three mountain peaks in the Sangre de Cristo range. Starting at the Aspen Vista picnic area (10,000'), two miles below the Santa Fe Ski Basin, the run will follow a Forest Service road 6 miles to the top of Tesuque Peak (12,040'). From there it is just over a mile to the summit of Lake Peak (12,400'). This segment is exciting and involves walking and climbing along narrow trails. From Lake Peak it is just under a mile to Penitente Peak (12,250'). Again, the walk is exciting but not particularly dangerous (but don't try to run here!). Next we run through a beautiful meadow on the back side of Penitente Peak, and descend through the woods to the Windsor trail. The trail takes us back to the Ski Basin, from which it is two miles by road back to Aspen Vista. This is the only segment of the run that will have motor vehicles on it.

I'd like to start the run from Aspen Vista no later than 8:30 AM, since the whole ordeal will take 3-4 hours. We'll have a picnic lunch afterwards at Aspen Vista. If you're interested or have questions, please call me, Graydon Anderson, at 982-2890. I'd like to know in advance how many people to expect.

\*\*For those who want to run a shorter course, a 9-mile loop is possible; and if that's too long, an out-and-back course of any length is also possible.



### STRIDERS CALENDAR

7/3/80 ABQ - Midnight fun run at UNNM, 7K.

7/4/80 LOS ALAMOS - High Altitude 20 K and 5 K starting at Sullivan Field Parking Lot, Los Alamos H.S., 7:30 a.m.

7/8/80 SANTA FE - Hash run starting at St. John's track, 6:30 p.m. Does not replace July Strider meeting.

7/12/80 SANTA FE - Striders' 3 Peaks Run for members and guests, 8:30 a.m.

7/12/80 DULCE - Jicarilla Apache Reservation 5 mile race, 9 a.m.

7/15/80 STRIDERS MEETING - 8 p.m. FNSLA conf. room.

7/20/80 SAN JUAN PUEBLO - 2nd Annual Po'p'ay Footrace 10 K and 5 K, 8:30 a.m.

7/26/80 RATON - 10 mile and 5 mile summer run. Begins at 8 a.m., Ripley Park. Awards to first five places in each division. Spaghetti dinner and program for additional fee.