PO Box 1803 Santa Fe New Mexico 87501

OCTOBER, 1982

The October Meeting will be held Tuesday, October 19 at 7:30 pm, basement of the Alpine Sports Bldg., as usual. We are very happy to have Dr. Steven Weiner, Orthopaedic Surgeon and sports doctor as our speaker this month. Dr. Weiner is well known to area athletes and "middle-aged jocks" alike, and he will speak on running injuries. Be sure to come this month, as we're having an important meeting, dealing with the "Fowl Day Run" as well as our normal business.

Bill Forsyth invites interested runners and their families/friends for a Pecos Canyon Run on Saturday, October 23 at noon. Bring food and drink for a cookout, and run the canyon as far as you like, distances ranging to 18 miles. Bill's place is past the fish hatchery, on the road up to Cowles from Pecos; for those of you who need directions, call Bill at 757-6178.

Dennis Cooper has been busy planning a run in Ojo Caliente for the Striders. The run is set for Sunday, November 7 at 1:00 pm and will be on the roads along the Caliente River, finishing with a relaxing bath in the famous Ojo Caliente Baths. Members and friends are invited to drop by Mary Nichols' house, near Chimayo, for a brew or two before heading back to S.F. Call Dennis at 988-1091 for additional information on this interesting run.

STRIDERS STATS: Kenny Goering broke 50 minutes for a PR at the Moving Comfort 10K in Washington DC last month, at 48:49. Cathy Tibbetts reports a 51 minute 10K last month at the "Most Beautiful Run in Arizona" race held in Sedona, and for the "Run Against Crime" in El Paso/Juarez on October 9 she turned in a time of 76 minutes for a 15K. It's a good run, with lots of music and fanfare and Cathy recommends it for next year. Fellow Strider, Jim Macias, did the 15K in less than an hour, at 58 minutes! The Corrida de Taos 5K and 10K on October 10th was a "Strider Stampede": For the 10K Dale Goering got first in class with a 38:49, Sharon Adams got a first in class with 48:13, Jarry Weller got second woman overall at 45:13, Kenny Goering ran 49:26 to capture third in class, Mary Nichols ran a 45:45 for third woman overall and other 10K times are: John Arnold 47:45, Dede Collins 48:09, Dennis Cooper 42:33, Dirk Houtman 44:34, Mark Brennand 35:56, George Crowshaw 40:40, Greg Ohlsen 42:44 and Linda Austin-Martin 53:08. The 5K times were Molly Munson 28:25, Susan Curtis(oops, not listed), Dave Curtis 22minutes, Jim Weller at 20:35, and Darcy Goering got a third place with a 26:11. NICE WORK!

JERRY DORBIN FINALLY DID IT! Congratulations to Jerry for a 3:50:15 marathon at Humboldt, northern California October 10. He is among the ranks of the sub-4 hour marathon runners at last, but we don't believe it's his last...

FUN RUNS continue on Wednesdays at 6:00 pm on the Plaza. Join us for a 5K or 10K or come early (5:30) and go for the big one 10 miles.

MARK YOUR CALENDAR:
- 10-30 Old Raton Pass Run 10K.
- 11-20 FOWL DAY RUN 5K
- 12-4 Fiesta Bowl Marathon, Scottsdale. Register before 11-15 or
- 12-11 Las Vegas Nev. 1/2 Marathon.

Happy Running,
Mary