



We Give You the Run-Around

January, 1983

P.O. Box 1818, Santa Fe, N.M. 87501

The first Strider meeting of the year will follow a pot luck dinner at Greg Ohlsen's house, 1261 Cerro Gordo. We want to begin organizing for the Santa Fe Run-Around and to discuss the club activities for the year. Everyone interested in helping put the race on is urged to attend. The club will provide beer and soft drinks. The program:

5:30 p.m. - Run from Greg's House

6:30 - Pot Luck dinner

8:00 - Meeting

LET'S HAVE A GOOD TURNOUT!

The annual Farolito run (hunt) in December was a big success. Despite afternoon rain and snow, about 30 Striders braved hazardous road conditions and 2 farolitos were spotted at the Palace of the Governors. Elections were held and our slate of officers for 1983 is as follows: President: Dennis Cooper, Vice-President: Greg Ohlsen, Secretary-Treasurer: Dirk Houtman, Member-at-large: John Arnold, past-president. Equipment Engineer (an appointed position) is Cliff Rees, and the newsletter staff is Mary Nichols (753-4368) and Cathy Tibbetts (983-5479). Please don't hesitate to call us with your times and other newsworthy information.

Exciting Programs: A cross-country ski trip is planned for Saturday, February 12 at 11:00 a.m. It will be on Highway 64, which is closed to vehicular traffic in the winter. To get there, take the Chama Highway (84) from Espanola to Tierra Amarillo. Turn right on 64 and drive as far as you can. Car pools can be arranged, call Dennis Cooper at 988-1091. Hope to see all you skiers there; it's an easy slope, and no skill is required, but good skiers can go far and strong.

Saturday morning fun runs are going strong. Place: Goering's house in Hondo Hills. Time: 10:00 a.m.. How to get there: go out Old Las Vegas Highway past El Gancho but before Bobcat Bite. Turn left onto Ute and it's the 2nd driveway on the left. Goering's name is on the mailbox. Bring your bathing suit, there's a hot tub.

Don't forget - Wednesday night fun runs start at 5:30 from the Plaza.

Strider Stats:

Jim Macias ran his first marathon in San Diego with a superb time of 3 hours. (Hey, Jim, how about pacing us at a few fun runs?) At the Tac 15K in Albuquerque on January 15, Dale Goering set a new course record for his age group with a 59:40. Kenny Goering was 2nd in the 45-49 women's division with a 1:19:45. Way to burn up that course, Goerings! Jerry Dorbin and Cathy Tibbetts ran the Carrera de los Venados in Mazatlán, Mexico on Jan 15. The altitude advantage was lost due to the high humidity, but Jerry set a PR of 46:48. Cathy managed a 44:48.

Clifford Rees has announced his intentions of running in the Dallas White Rock Marathon this year. (Let's all embarrass him into doing it now.) Now that it is in print he is locked into it!

The only local race we know about which is coming up is the Masters 5 mile Sunday Feb 13 at the Alb. fairgrounds. This is for 40 & older.

Good bye to Molly Munson who moved to Texas to get her Master's Degree. She would love hearing from all of us! The address: PO Box 6181, N.T..Station, Denton, Texas 76203

And, a warm welcome to new member Sally Doolittle, who just did her first marathon at the Fiesta Bowl!

1983 Dues for the Santa Fe Striders are due Feb. 1! Please complete this form and send \$5.00 check made out to SF Striders to:

Dirk Houtman, Treasurer, SF Striders
PO Box 1386
Santa Fe, NM 87501

Name: _____

Address: _____

Phone: _____

New _____ Continuing _____ Programs I'd like to see: _____

Road racer _____ Jogger _____ Skier _____ Track&Field _____ Other _____

CROSS COUNTRY SKI RACING CLASS

and RELATED X-C SKI NEWS

LECTURES

Clothing, Equipment, Waxing, Training

THUR. 7:00 P.M. JAN. 27

Los Alamos High School Little Theater FREE!

SNOW SESSION

Demonstrations & instruction in racing technique on a prepared track-if the snow at the golf course is not good we will go elsewhere.

SAT. 10:00 A.M. JAN. 29 [BRING A LUNCH]

We will meet at the L.A. golf course Pro Shop patio
FEE \$5.00 for class (goes to track setting fund)
or \$8.00 includes membership in Norski Racing Club

COME TO EITHER SESSION OR BOTH

Instructors for this course include three certified Nordic coaches and a member of the UNM X-C ski team. This is a rare and excellent (not to mention cheap) opportunity to learn racing technique, strategy, training, and equipment. It is designed for the ski tourer, or runner who would like to learn to ski faster on a prepared track for racing or exercise. Good technique and equipment can make touring more enjoyable and efficient. Some prepared track skiing or racing can provide a refreshing change of pace for the runner in the off season. Because X-C involves the upper body it is a more aerobically demanding sport than running, but it is so much fun zooming along a prepared track that you are likely to increase your aerobic endurance even if you didn't intend to.

Perhaps the idea of X-C as a dynamic high speed sport sounds strange to a tourer who uses his skis to slide down the hills he has walked up. The speed comes from the technique, the equipment, and the track. The track is made by breaking up the snow (ice?) then packing it with a track led pulled by a snow machine. This makes two hard even parallel grooves for the skis with a firm pole track on each side. Poles and skis don't sink or wander, friction is reduced, and the skier can put his energy into going fast. The track setting equipment can make poor snow enjoyable to ski on. Come to the class and learn what it's like to go fast enough to bank and skate around turns on the flat, to get glide on the uphill, and wonder if the circuit you just skied wasn't somehow more downhill than up.

Dirk *Munson*