



We Give You the Run-Around

March 29, 1983

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

The next meeting of the Striders will be an unusual one! Greg Ohlsen has offered to videotape runners at the Santa Fe High School track (Ivan Head Stadium area) and replay the results at his house later in the evening in conjunction with - you guessed it - a pot luck dinner. Come do your interval training Thursday April 7, at 5:30 or so at the track and be prepared to show your best running form for taping.

Fun Runs on Wednesdays at 5:30 from the Plaza. We've had up to 20 runners in the last few runs and distances ranging from 7 to 12 miles and more or less as you like, pace-wise. There is interval training every Thursday at 5:30 pm at the Santa Fe High School Track. Saturday morning (10:00 am) fun runs will be continuing, from Elaine Pinkerton's house at 899 Zia Road. Dale & Kenny Goering are taking a well-deserved break from hosting these runs. Thanks to you both for some fine times.

Strider Stats: Bill Forsyth has reported a good month of running, with a 39:51 for the Alan's Apparel 10K in Albuquerque and a 17:50 3-miler at Ned's St. Patrick's day run. Mary Nichols and Greg Ohlsen ventured all the way to Tucson for the Tucson Sun Run on March 13th. Mary got first in class for the 15K run with a 1:04:26, and Greg (who went out dancing the night before) was close behind with a 1:08. It was a flat, fast, well-organized race, with more than 1200 runners in summer like weather. Also from New Mexico was Ruben Vigil, who won his class with a 57 minute run. In the Albuquerque half-marathon on the same day Dale Goering ran a 1:22, Tim Burrell was also at 1:22, Dennis Cooper ran a 1:33 and Jerry Dorbin, who had an excruciatingly sore hip managed to put out a 1:48 effort for the "team". Dale Goering placed first in class in Wichita, Kansas at a 20K on the 19th. His time was 1:19:02. Kenny placed 2nd in a 4-mile race in Albuquerque with a time of 33 minutes.

Mark your calendar:

April 9 - Marine Corps Muscular Dystrophy Run 10K Taylor Ranch, Alb.
April 17 - Library Assn. 3 mi., Alb.; Western Gerontology Soc 10K Alb.
April 23 - Multiple Sclerosis 4 mile, Kit Carson Park, Alb.
April 24 - Harpers Bazaar Fun Run, Alb.; Phil Chacon 5K & 10K San Gabriel Park, Alb.; Couples Run, Santa Fe 4 pm at Townhouse
April 30 - NM Physical Therapy Assn 5K & 10K; Spring Lite Run UNM
May 1 - Headstart Run in Santa Fe
May 15 - Cerrillos Run; Jemez Pueblo Run

We still need volunteers for the Santa Fe Runaround. Call Jerry Dorbin at 982-1904 during the day.

Let's welcome new member Fatwell Kimaiyo to the Striders.

Bye!

Cathy Mary