



We Give You the Run-Around

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

July 11, 1983

Next meeting: Tuesday, July 26, at Cliff Rees' house, 118 La Joya Road (off W. Alameda) at 6:00 pm, pot-luck dinner and run. Greg Ohlsen will be video-taping our running form or lack thereof, out on a traffic-free, paved road on Buckman Mesa. This is a very helpful and valuable tool in improving your running efficiency, and all Striders are encouraged to attend. (Cliff's phone number is 988-1091 for any one who has not been to his place before.)

Let's get mugged! There are still some mugs left from the Santa Fe Run-around. We have them for sale at the reasonable price of \$5.00 each or a set of 6 for \$25.00. Contact Dennis Cooper at 988-1091 for information, or call Dede Collins at 982-8846.

ANY WOMEN INTERESTED IN GOING TO THE BONNE BELLE 10K IN DENVER, SEPTEMBER 11 AND/OR THE AVON HALF-MARATHON SEPTEMBER 24, CONTACT KENNY GOERING at 983- 6616.

Strider Triathlete: Cathy Tibbetts finished eighth among women her age in the Triathlon Dallas last month. Her first triathlon found her passing people like mad in the running portion, but being passed like mad in the bicycle portion...if God wanted you to ride a bike, Cathy... oh, well, best of luck all the same!

Bill Forsyth won the open Triple Jump (39'7) and Javelin at the TAC Region 10 meet in Albuquerque, June 11, and he was the only one of six participants to make it all the way from Mary Nichols' house to Santa Cruz Lake (10.1 miles) on July 2. It was a hot day, and the best part of it was the picnic and the boating on the lake afterwards. Bill also was second in the Discus and third in Decathlon (4:57 for the 1500 meters).

Some Striders ran in the Bandelier Run on June 18th...Rocky Kimball was 9th overall at 59:49 for the 15KM run thru hills and streams, Weldon Merritt was 108th at 1:19:44, Sharron Adams placed 131st at 1:23:14. 225 runners turned out for this fund-raiser for Bandelier.

Fun runs continue on Wednesdays at 6:00 pm from the plaza. Run for the fun of it, and have a beer afterwards at the Plaza Ore House.

Many Striders competed in the Los Alamos High-Altitude Mini-Marathons on July 9. Cathy Quintana was second overall in the 5K at 19:47 after a bad start, Connie Reeves was fourth at 20:49, Dale Goering was first in his class and set an age-group record at 1:20:44 for the 20K race, Mary Nichols was first in 35-39 women at 1:31:19 Kenny Goering set an age-group record at 24:07 for the 5K. David Casados was third in his class for the 5K at 18:05, Ruben Vigil took first with a 19:41 in the 55-59 age-group, Sharron Adams was 2nd in class with a 24 flat, June Dickinson was first in class at 24:40

and Andy Nava was first in class at 1:37:14 for the 20K. Other Striders' times are as follows:

5K

Ernest Casados 18:36
Tim Burrell 18:39
Bill Forsyth 19:08
Cecil Stark 23:11
David Giles 19:55
Tom Day 20:40
Jerry Dorbin 23:49
Sally Doolittle 22:32
Maureen Herrick 23:54
Elaine Pinkerton 26:34

20K

Rocky Kimball 1:18:26
Jim Macias 1:27:54
George Croshaw 1:27:38
Dennis Cooper 1:33:33
Greg Ohlsen 1:41:44
Buzz Rowell 1:32:49
Dirk Houtman 1:42:39
Dede Collins 1:43:01
Lucy Huckabee 1:56:24

MARK YOUR CALENDARS:

July 23rd 10K FOR KIDS , 5 & 10K, 8:00 AM from Patrick Smith Park to benefit Big Brothers/Big Sisters. \$5.00 for members of running clubs, \$6.00 others.

August 7, LA LUZ TRAIL RUN, 8:00 AM Tramway drive. \$8.00, plus you need a TAC number, contact NM TAC Office, 141-A Wyoming NE 87123.

August 14, MANUELITAS-LAS VEGAS 15 MILE RELAY. Three runners each running 5 miles. 8:30 AM, Six miles west of the junction of of State Rd. 3 and State Rd. 94 (Sapello).

August 20 PIKE'S PEAK MARATHON (Ascent).

21 PIKE'S PEAK ROUND TRIP. (Registration in probably closed by now.)

August 27 3RD ANNUAL SANTA FE WOMEN'S 5KM RUN. 8:00 Am on the Plaza. \$6.00, no registration race day. Forms at Finish Line.

September 25, 1983. SANDIA MT. RUN AROUND 80K RELAY. Each team consists of four runners who must be in the same age category and who will each run 20K (12.4 miles). 7:00 AM \$40.00 per team, course begins on west side of Sandias at 6,200 feet and runs around the east side to 8,800 feet and finishes on north side of the Sandias at 5,400 feet. Dede Collins is interested in organizing teams for this very interesting race. Call her at 982-8846 for this and the Manuelitas Relay teams.

JULY 30 RATON SUMMER RUN 5 & 10 Mile Runs 8:00 AM, Ripley Park call 445-3689.

HAPPY RUNNING!

Mary