



MAY, 1991

VOL. 13

NO. 5

We Give You the Run-Around

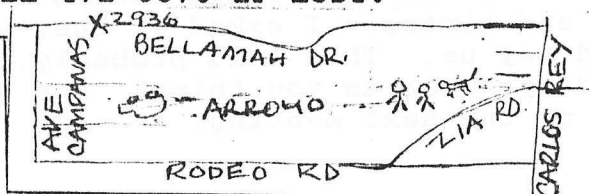


P.O. Box 1818, Santa Fe, N.M. 87504

THE MAY MEETING & POTLUCK WILL BE AT JODY VISALLI'S, 2936 BELLAMAH DR., ON TUESDAY, MAY 14 AT 7:00. BELLAMAH DR. IS OFF OF CAMINO CARLOS REY, THREE BLOCKS NORTH OF ZIA RD. (NEAR RODEO PLAZA) JUST ACROSS THE ARROYO. CALL 471-6670 IF LOST.

RUNAROUND -- JUNE 1

JCP reports that things are going well enough with the planning of the Runaround that he has quit losing sleep over it. Happily, St. Vincent Hospital and 10,000 Waves have agreed to be sponsors along with SF St. Bar & Grill. Sunwest Bank was still uncommitted as of this writing. Volunteers are still needed. Please call John (983-2144) or Jim (438-8602) if you can help.



OTHER UPCOMING EVENTS

May 5 Run for the Zoo 5 & 10K, 7:30 am, Alb. Call Kathryn Farley, 243-6264 or Gwen Poe, 247-1533.

May 5 Cinco de Mayo 5 & 10K & 2M Walk, east Los Lunas. Call Charles Otero, 345-4274.

May 11 Run for Diabetes 5 & 10K, 5K Walk, 8 a.m. at Unser and Ouray NW, Albq. Proceeds go to help pay for diabetes treatment of 4-yr old daughter of an Alb. runner. Entries at Gardenswartz.

May 12 Jemez Mothers Day 5 & 10K, 5K Walk, Robert Fragua, 834-7683. Entries at Gardenswartz.

May 18 Corrida de los Ninos -- Annual kids' race at the Indian School. If you can help, be there at 8 am.

May 19 Cerrillos 5 & 15K The traditional Spring challenge of Devil's Throne. Gardenswartz has entries. (Watch out for bikers on the way to Cerrillos!)

May 25 Bandelier Marathon, 50-Mi., and Relay -- White Rock, Rene Leclaire, 662-5215.

June 1 Santa Fe Runaround - 10K Entries will be out soon!

June 2 Run for the Blue 5 & 10K, Alb. Call Gil's, 268-6300.

June 8&9 Duke City Masters Track & Field Meet, call Neil Silver, 265-8234

June 9 Rape Crisis 5 & 10K, call Gil's, 268-6300.

June 16 Firefighters 5 & 10K, 2M Walk, Albq., Gil's, 268-6300.

June 16 Taos Marathon & 1/2 Marathon, Relay & 5K Call Bruce Gomez, 758-0350

June 16 New Mexico State Biathlon Championship - 6M Run, 23M Bike -- Tijeras, NM. Entries at Gardenswartz.

1ST ANNUAL COMMUNITY OF SANTA FE
SUMMER FESTIVAL --

The city recreation dept. plans to stage a summer festival on July 19th and 20th. Among many other activities, they plan to have a 5K and 10K race. They asked me if the Striders would handle the finish line and timing. I asked if they would pay us. They said probably. Striders, what do you think? Let me know at the next meeting. JCP

RACE RESULTS

FOOTHILLS 10K, Phoenix (2/23)

Jim Westmoreland 32:50
(3rd, 35-39)

AL WAQUIE RUN - April 13

10K:

Lyle Amer 35:30 +-
(8th overall - 3rd in 35-39's behind Henry Rono and Manuel Pino -- formidable competition!)

5K:

June Dickinson 23:57
(1st - 55-59)
Jerry Dorbin 26:21
(1st - 60-64)
Ron McCurley 17:47
(1st - 40-44)
Lou Marjon 17:48
(1st - 45-49)

GATHERING OF NATIONS - April 20

This one turned into a race director's worst nightmare -- runners in both 5 & 10K were sent off course and ran a mile or so too far. Jim Westmoreland and Jim Fisher were there, with Jim W. being 1st overall in the 5-7K.

SPRING FOR HEALTH - Apr. 21

5K:

Jerry Dorbin
June Dickinson 22:52
(1st masters w.)

10K:

Lyle Amer 35:30+-
(1st overall)
Jody Visalli 41:01
(1st masters w.)

LAS CUMBRES 5K, White Rock (4/27)

Lyle Amer 17:40
(3rd overall)

BOSTON MARATHON (4/15/91)

Lorenzo Garcia reports a PW (personal worst) at Boston as far as his time (just under 4 hrs) is concerned, but says it was a wonderful experience and he felt proud just to be participating. Having wall-to-wall spectators for 26 miles, as well as runners, was quite a thrill. Lorenzo had qualified at the Phoenix Marathon with a 3:15; leg cramps in the last few miles at Boston were his undoing.

7TH ANNUAL LAMY FUN RUN (4/28)

Personally, I thought this was a wonderful run, and it's not just because I won Sneesby's snake, though that IS quite a thrill. It was a beautiful morning with the wind at our backs almost the whole way. For JCP, Reece Tatum, and myself, the 16 miles was a great marathon training run -- Reece stretched it into at least a 20-miler. There was a nice turnout, with about 35 runners & friends staying for brunch at the Legal Tender. Thank you Dave. Jody

PLEASE SEND IN YOUR RACE/RUN RESULTS. READING ABOUT EACH OTHER'S EXPERIENCES IS WHAT MAKES THE NEWS-LETTER INTERESTING!!!

"You know you've been running too much if the only erotic experience you can immediately recall is spreading vaseline on the inside of your thighs."

Join the Peace Run in New Mexico! Welcoming Ceremonies:

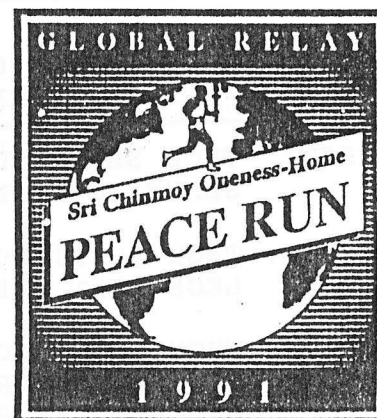


Wednesday, May 15 • 9:00 am
The Plaza, Santa Fe

Thursday, May 16 • 9:00 am
Civic Plaza, Albuquerque



If you would like to run with the torch as the Peace Run passes through New Mexico on its way through all fifty states, please call (619) 285-9508. Everyone is welcome to participate. We'll be running from Santa Fe through Albuquerque to Grants. It's FREE!



Peace Run '91 – A hope for the future

Calling all people from every state in the nation. You are invited to take part in a history making-event: Peace Run '91. Circling the globe, crossing seven continents and over seventy countries, Peace Run '91 will be the longest and the largest running event in history.

Our premise is simple: If people from all nations can *run* in peace and harmony, then it is but a small step for all nations to *live* in peace and harmony.

By taking part in this unprecedented world-wide event, you can help make a small step towards world peace - not with money, not with words - but with something much more powerful: your body and your heart.

According to Kent Mursinna, New Mexico Peace Run Coordinator, runners will leave the Plaza after the Ceremonies & carry the torch to Albuquerque via Hwy 14 or 25-route had not been finalized as of the writing of his letter. But it's definitely on for Wed., May 15 at 9 a.m.

What is the Peace Run ?

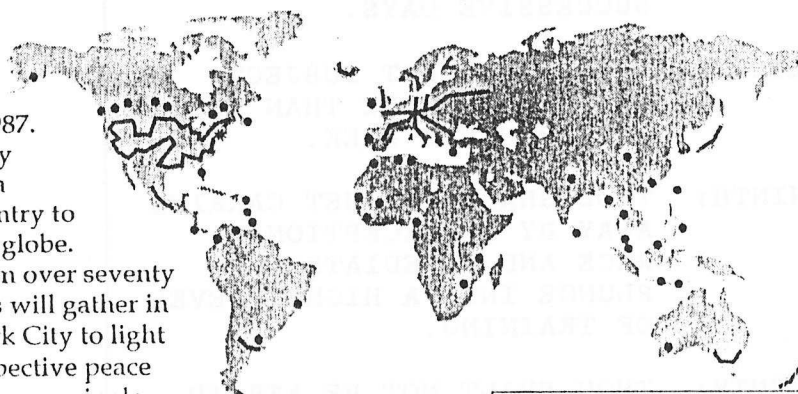
The Peace Run is an Olympic-style relay run emphasizing the themes of friendship and peace through sport. This year's relay is the third since 1987.

More than half a million people, each running any distance from a few yards to a few miles, will pass a flaming "peace torch" from hand to hand, from country to country - creating an arc of light that will circle the globe.

It begins on April 19th, when representatives from over seventy countries will gather in New York City to light their respective peace torches from a single flame - as a symbol of world unity. They will then return to their respective lands to launch a series of relay runs for peace.

IF ANYONE WOULD LIKE
MORE INFORMATION, CALL
THE 619 # ABOVE. I
HAVE OTHER LITERATURE
ON THE RUN IF ANYONE'S
INTERESTED.

JODY



- Participating countries or local events
- Continuous cross-country relays
- * New York: World-wide start and finish

Peace torch relays will be held throughout Eastern and Western Europe... in China and the U.S.S.R... across North and South America... in many countries of Asia and Africa... in Japan, Australia, New Zealand and even Antarctica. The U.S. portion of the Run, lasting 85 days, will pass through all 50 states.

The Organizers

The Sri Chinmoy Marathon Team, an international running organization that encourages personal growth through athletics, is the organizer of the run. The Team puts on more than 500 events a year worldwide, including ultramarathon and triathlon championships in a number of different countries.

The Team was founded by the sports philosopher and peace ambassador Sri Chinmoy, who is renowned throughout the sporting community for his contributions to running, and especially for his avid support of ultramarathon races.

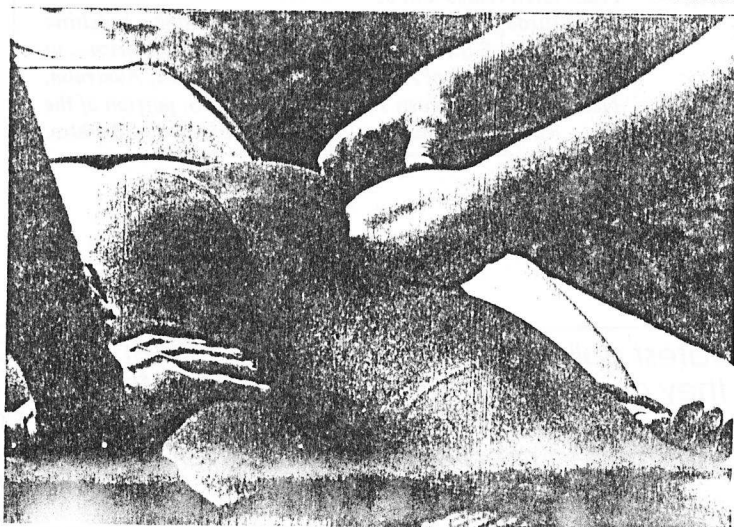
"Our greatest obligation is to leave our children in a world in which they can live harmoniously, secure in the knowledge that there will be a promising future for generations to come. Even the smallest progress is worthy of our greatest effort."

—CANADIAN PRIME MINISTER BRIAN MULRONEY

HERE LIE KNOWN + UNKNOWN
SINFUL STRIDERS

10 COMMANDMENTS OF RUNNING INJURY-FREE

- FIRST:** THOU SHALT NOT BECOME A SLAVE TO RUNNING.
- SECOND:** THOU SHALT NOT TRAIN ON LEGS THAT ARE DEAD.
- THIRD:** THOU SHALT NOT EXPERIMENT WITH A DIFFERENT PAIR OF SHOES ON RACE DAY.
- FOURTH:** THOU SHALT NOT RUN THROUGH ANY TYPE OF MUSCULAR OR SKELETAL PAIN.
- FIFTH:** THOU SHALT NOT ATTEMPT TO MAKE UP MILES "LOST" DUE TO INJURY.
- SIXTH:** THOU SHALT NOT INCREASE MILEAGE BY MORE THAN 10% EACH WEEK.
- SEVENTH:** THOU SHALT NOT DO MORE THAN ONE HARD WORKOUT ON SUCCESSIVE DAYS.
- EIGHTH:** THOU SHALT NOT SUBJECT THYSELF TO MORE THAN ONE LONG RUN PER WEEK.
- NINTH:** THOU SHALT NOT GET CARRIED AWAY BY AN EXCEPTIONAL RACE AND IMMEDIATELY PLUNGE INTO A HIGHER LEVEL OF TRAINING.
- TENTH:** THOU SHALT NOT BE AFRAID TO REST.



CEREAL STORY

	Cups Cereal Per Ounce	Calories	% Sugar Calories	% Fat Calories	Dietary Fiber (Gram)	Iron
All-Bran	½c.	70	29	13	9	25
40% Bran Flakes	¾c.	90	22	10	4	100
Cap'N Crunch	¾c.	110	40	5	—	25
Cocoa Pebbles	¾c.	110	47	16	—	10
Cheerios	1¼c.	110	4	8	2	45
Corn Bran	¾c.	110	20	7	5	45
Corn Flakes	1c.	110	7	0	—	10
Cracklin' Bran	½c.	110	22	33	4	10
Crispy Wheats & Raisins	¾c.	110	36	8	—	25
Frosted Flakes	¾c.	110	40	0	—	10
Fruit & Fibre	½c.	90	13	10	4	25
Fruitful Bran	¾c.	120	36	0	4	100
Grape-Nuts	¼c.	110	15*	0	—	6
Honey Nut Cheerios	¾c.	110	36	8	—	25
Life	¾c.	120	20	15	—	45
Nutri-Grain Wheat	¾c.	110	6*	7	—	10
Product 19	1c.	110	11	0	—	100
Puffed Wheat	1¼c.	50	0	0	.3	tr.
Quaker 100% Natural	¼c.	130	18	35	—	4
Raisin Bran (Kellogg's)	¾c.	120	13	10	4	100
Rice Krispies	1c.	110	11	0	—	10
Shredded Wheat (Spoon Size)	¾c.	110	2*	8	.7	6
Special K	1c.	110	7	0	—	25
Super Golden Crisp	¾c.	110	51	8	—	15
Total	1c.	110	11	8	2	100
Trix	1c.	110	44	8	—	25
Wheat Chex	¾c.	100	8	0	2	—
Wheaties	1c.	110	11	8	2	—

SMART COOKIES

If you were raised on afternoon snacks of milk and cookies, you know that some habits die hard. Many of us still consume that comforting combination, although now we do so at work or after dinner rather than after school.

Unfortunately, many cookies are not so good for you. In her analysis of 250 popular varieties of commercially available cookies, Laurie Quint of the Center for Science in the Public Interest, discovered that the average cookie derives 40 percent of its calories from fat and another 30 percent from sugar.

The varieties loaded with the most fat include chocolate sandwich, peanut butter, crisp chocolate chip and butter or shortbread cookies.

Specifically, Quint's choices for worst cookies: Nabisco's Pecan Shortbread, Duncan Hines' Peanut Butter Chocolate Chip, Pepperidge Farm's Geneva and Almond Supreme and, sad-but-true, Girl Scout's Do-Si-Do's.

But if you're smart and consider the following pointers, you can have your cookies and eat them, too:

- ▶ Fruit bars, gingersnaps and graham crackers contain the least fat.
- ▶ While oatmeal cookies contain moderate amounts of fat, they also feature fiber.
- ▶ Quint's picks for best cookies: Archway's Date-filled Oatmeal, New Morning's Honey Grahams, Sunshine's Ginger Snaps, Health Valley's Jumbo Oatmeal and Sunshine's Animal Crackers. Each has less than 1 teaspoon of fat and no more than 125 calories per 1-ounce serving (two to three cookies).



CORRIDA DE LOS NIÑOS



200 Yard run for Preschoolers

1 Mile RUN for Grade Schoolers

2 Mile RUN for Jr. and Sr. High School Youth

SATURDAY MORNING: MAY 18, 1991

Entry Fee only \$3.00

T-Shirts For All Runners

Sponsored by: First Interstate Bank and Lovelace Medical Center

Hosted by: Santa Fe Indian School

Preschool Division:

Time: 10:00 a.m. Check-in: 9:00 a.m. - 9:45 a.m.
Distance: 200 yards Children may be accompanied by parents

Grade School Division

Time: 10:15 a.m. Check-in: 9:00 a.m. - 9:45 a.m.
Distance: 1 mile Children may be accompanied by parents

Junior and Senior High School Division

Time: 10:30 a.m. Check-in: 9:00 a.m. - 10:15 a.m.
Distance: 2 miles

Awards: Trophies to first finishers, male and female, in Junior and Senior High and Grade School Divisions

Ribbons to first 5 males and females in Junior and Senior High Divisions

Participation ribbons to all runners in Preschool and Grade School Divisions

Race will start by the gym behind the dorms at the Santa Fe Indian School, 1300 Cerrillos Road, Santa Fe, NM.

Pre-registration will increase the likelihood that you receive a T-Shirt in your size.

IN CONSIDERATION OF THE ACCEPTANCE OF MY CHILD'S ENTRY, I RELEASE ALL SPONSORS, PROMOTERS, WORKERS, AND HOSTS OF LIABILITY FOR ANY INJURY INCURRED.

NAME: _____ AGE: _____ SEX: _____ SCHOOL GRADE: _____

ADDRESS: _____ PHONE: _____

CITY: _____ STATE: _____ ZIP: _____ T-Shirt Size

PARENT SIGNATURE: _____ Adult Child

I wish to enter Couples Race Yes _____ No _____
(Couples require 2 entry forms to be completed)

L L

Partner's name for Couples Race _____

M M

Mail to: CORRIDA DE LOS NINOS
P.O. Box 426
Santa Fe, NM 87504-0426

S S

Jody Visalli
2936 Bellamah Drive
Santa Fe, NM 87505



Millie Markers
Santa Fe Striders
Post Office Box 1818
Santa Fe, New Mexico 87504

Santa Fe Striders

Membership Application

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Enclose \$15.00 for annual dues. Make
checks payable to Santa Fe Striders
and mail to PO Box 1818, Santa Fe, NM
87504