



SEPTEMBER, 1991

9 Down, 3 To Go.

We Give You the Run-Around

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

GREG AND ELLEN (OHLSEN/STELLING) INVITE STRIDERS & FRIENDS TO A FUN RUN FROM THEIR HOME ON SATURDAY, SEPT. 21, AT 4:30. IT IS A FOREST/TRAIL RUN OF ANYWHERE FROM 2-8 MILES -- YOUR CHOICE. \$1,000,000 VIEWS & SCENERY!!! BRING-YOUR-OWN-BBQ POTLOCK WILL FOLLOW THE RUN. UPDATES ON STRIDER BUSINESS, THE NEW BOOKSTORE AND LITTLE OHLSEN-STELLING IN THE WORKS. A MAP IS ATTACHED (FOR A LITTLE ORIENTEERING ADVENTURE).

2ND ANNUAL INDUSTRIAL MILE --

Assuming that I get this out in time, and assuming you read your newsletter before using it for swatting flies or recycling, you still have time to make it to Tom Stow's 2nd Annual Timed Industrial Mile at Valdes Industrial Park (across from Auto Park, off Cerrillos). **FIND OUT FAST YOU CAN RUN A MILE!** Starts at 8 a.m. For more details, call Tom at 471-4722.

BITAT FOR HUMANITY RUN (Oct. 13)
HELP WANTED at the finish line! Striders are making \$200 -- but there will be lots of runners -- finishing in swarms -- so we've got to have enough help to handle it. Make it easier on JCP and please give him a call beforehand (983-2144). Volunteer your friends and/or family!

A WORD ABOUT THE RADIO TOWERS RUN..

I have learned from John Lopez at Gardenswartz that last year's sponsors will gladly sponsor the race again, but they don't want to produce and direct also. **ANY RACE DIRECTORS OUT THERE???**

WHEN YOU GET A CHANCE, stop in at Garcia Street Books (376 Garcia) next to Downtown Subscription. It is the OTHER exciting new venture of Greg and Ellen. (Can't accuse them of being in a rut!) The store just opened on August 18 and has about 1 its inventory -- suggestions welcome, and they can order just about anything in a few days. They're open 7 days a week, from 8:30 - 6:00. Run on down!

CALENDAR OF EVENTS

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| Sept. 6 | <u>Indian School Fun Run</u>
5:30 p.m. at SFe Indian School. Sponsored by the school's running club. Call 989-6350 for info. |
| Sept. 7 | <u>2nd Annual Industrial Mile</u> -- Valdes Ind. Park, 8 a.m. (See more above.) |
| Sept. 8 | <u>Run n' Roll for Rehab</u>
10K/5K Run/Roll and 1M Walk/Roll -- St. Joseph's Rehab. Hosp., Albq. Call 766-4784. |
| Sept. 8 | <u>Autumn Run '91</u> -- Kit Carson Park, Albq. Race day reg. \$12. Call Gil's. |
| Sept. 14 | <u>Ryan Strosnider Memorial Run</u> -- 5K fun run & walk to benefit Ronald McDonald House, 9 am. Register 8 am on race day. 884-7666. |
| Sept. 15 | <u>Carrie Tingley Bun Run</u>
5 & 10/K Runs, 5K Race-walk, celebrity fun walk. Call Karen Turner, 243-6626. Tingley Hosp. in Albq. |
| Sept. 15 | <u>Taos Spa & Court Club Triathlon</u> -- 800 Meter Swim/14 M Bike/5000 Meter Run. 758-1980. |

Sept. 15 So. NM State Fair 10K
Las Cruces, 524-7824.

Sept. 21 Greg & Ellen's Fun Run
See attached flyer.

Sept. 29 Duke City Marathon, 1/2
Marathon & 5K.

Oct. 6 Corrida de Taos 5 & 10K
Gil's, 268-6300

Oct. 13 Habitat for Humanity 5K
Starts on the Plaza in
early evening; course is
lined with farolitos.

Oct. 13 All Hallows Biathlon
White Sands MR; 5K
Run/30K Bike/5K Run.
Mardy Clark, 678-5949 -

Oct. 19 Fall Shavano Valley 1/2
Marathon, 2 & 4M Fun Runs
Montrose, CO. Call John
Unger, 249-3344.

Oct. 20 Tour of Albuquerque
Marathon & Relay --
Gil's, 268-6300

Oct. 26 Summerford Peak 6M Trail
Run -- Las Cruces, 524-
7824.

Oct. 27 55th Hueco Mtn Estates
Texas Biathlon Champion-
ships, El Paso -- 5M
Run/20M Bike, Flip Lyle
(915) 779-4711.

Nov. 2 Pecos Valley Roundup 20K,
10K & 2M -- Steve Glover,
623-9312.

Nov. 3 Animal Humane Society 4M
Gil's, 268-6300.

Nov. 3 Coors Light Biathlon
Series Championship --
Santa Fe, NM. Must
qualify for age-group,
but there's also an Open
Race. Volunteers will be
needed.

NM TAC GRAND PRIX SERIES UPDATE
After 5 events in the Series (Tiger
Run, Run Old Mesilla, Taos 1/2
Mar., Gathering of Nations & La
Luz), the top 3 in each category
are:

<u>Open Men:</u>	<u>Masters Men:</u>
Dan Caprioglio	Dale Goering
Danny Bustos	Aaron Goldman
M. Suazo	Hector Leyba
<u>Open Women:</u>	<u>Masters Women:</u>
Kathy Hansen	Pat Weiss
Lavina Barber	Gale LaDage
Sarah Fulcher	Gretchen Wilken

Other events in the Series: Old
Santa Fe Trail Run (9/2), Bun Run
(9/22), Pecos Valley Roundup 20K
(11/2)

RACE RESULTS

Los Alamos Mini Marathons (7/13)
Great turnout for this very popular
yearly event --

5K (Men):

Chris Wiggs	15:49	1st
Bob Manzanares	16:23	2nd
Peter Bowman	16:42	3rd
Leon Serna	16:48	1st, 20-24
Jim Westmoreland	17:39	1st, 35-39
George Croshaw	19:09	1st, 45-49
Jerry Dorbin	26:04	3rd, 60-64

5K (Women):

Sherry Petersen	19:38	1st
Gloria Ortiz	20:13	2nd
Jessica Chavez	20:32	3rd

*Marathon training should include runs at varying paces and at varying
levels of fatigue. If you know you'll need to break into a survival stride to
complete those tough last miles, try that stride in practice.*
—Jack Daniels, Ph.D.

K Women (cont.)

Mary Platts	22:52	1st, 45-49
Donna Berg	26:06	3rd, 45-49
Elaine Pinkerton	28:30	
Fanci Stow	34:38	

20K (Men):

Matt Young	1:10:23	1st
Miles Baron	1:11:47	2nd
Jerry Martinez	1:12:56	3rd

Oliver Trujillo	1:15:32,	
	2nd, 35-39	

Aaron Goldman	1:29:13,	
	1st, 55-59	

Stan Grochowski	1:30:13	
Jim Fisher	1:30:40	
Tom Berkes	1:36:17	
Tom Stow	1:37:03	
Robert Werner	1:40:11	
Mike Guttman	1:46:46	
Tom Day	1:49:12	
Michael Sutin	1:55:55	

20K (Women):

Magi Ezzard	1:22:19	1st
Lisa Roeber	1:31:33	2nd
Anne Bamrick	1:35:51	3rd

LA LUZ TRAIL RUN (8/4)

384 runners completed La Luz this year -- that's a lot of bodies on that narrow little trail!! Not too many Striders among them, though...

Men:

Danny Maas	1:16:30	1st
Scott Elliott	1:19:29	2nd
John Bednarski	1:20:24	3rd
Oliver Trujillo	1:24:17	
Hector Leyba	1:48:29	
Dale Goering	1:51:25	
Paul Grosvenor	2:06:20	

Women:

Elise Rainbowstar	1:39:46	1st
Cecilia R. McCord	1:44:18	2nd
Sarah Fulcher	1:45:24	3rd

JEMEZ 5K & 1/2 MARATHON (Aug. 25)5K- Overall Male

Carlos Lima (30)	17:47
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5K - Overall Female

Shirley Lynn (35)	21:47
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Also winning in their age groups were Anne Dickinson (22) (Making first race appearance in 5 years); June Dickinson (racing for the 2nd time that weekend!), and Jary Earl (45) (also racing for first time in years!)

Striders in the 1/2 Mar:

Aaron Goldman	1:34:26
2nd, 50-59	
Bill Earl	2:01:27

Lobo Run -- August 24

No clock times for you, but a GREAT TIME was had, and various AWARDS were won, and great FORM was shown by the following: June Dickinson, Sean McCormick, Jim Westmoreland, Reece Tatum, Ted Atkins, Stan Grochowski, Paul & Pam Grosvenor, and Jody Visalli, who won enough money to take the whole crew to breakfast, but who could find her after the race???? Hi-tailing it to MSO, no doubt.

LOS ALAMOS TRIATHLON (Aug. 17)

Donna Berg and Lorenzo Garcia both participated in the Los Alamos Triathlon -- Donna finishing 7th overall amongst the women.

8th ANNUAL MASTERS MILE (Aug. 10)Overall Male:

Joe Metheney	4:47:03
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Overall Masters Male:

David Salazar	4:50
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Overall Female:

Kristi Leonard	5:37:06
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Overall Masters Female:

Geralyn Farragher	6:57
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Honorable Mention:

Sean McCormick	5:04
1st, 45-49, and	
Best Preserved!!	



ON MARATHONS

By

John C. Pollak

Any mention of marathons invariably elicits from a friend of mine the comment that the first marathoner died following his exertions. Among the pertinent responses to this is that we all invariably die, but we live variously. Some lives are not worth living.

According to a long-standing popular account, the Athenian courier and Runner Pheidippides, after running to and from Sparta with a futile plea for help against a common enemy, joined the battle at the place called Marathon and then one last time took-up his legs, ran to Athens, shouted "Rejoice, we conquer," collapsed and died. In that instant Athenians understood that they were spared the sword and slavery. Pheidippides' death closed a series of public deeds that peaked in delivering the news of his city's deliverance in the hour of its greatest peril from without. Few die better.

Marathon races today usually and fitly bear the name of a city, for, indeed, they are civic celebrations of fitness, competition and victory. Furthermore, they demand virtues akin to those demanded of good citizens -- dedication, discipline, temperance, and even a sort of courage. Like a holy or holiday in which the event is greater than the celebrants, they convert the private motives and concerns of the runners, officials and spectators into a public display of health and fellowship. And, lest we forget, health and fellowship are the minimum requirements for a good life, for the one preserves the body while the other nourishes the soul.

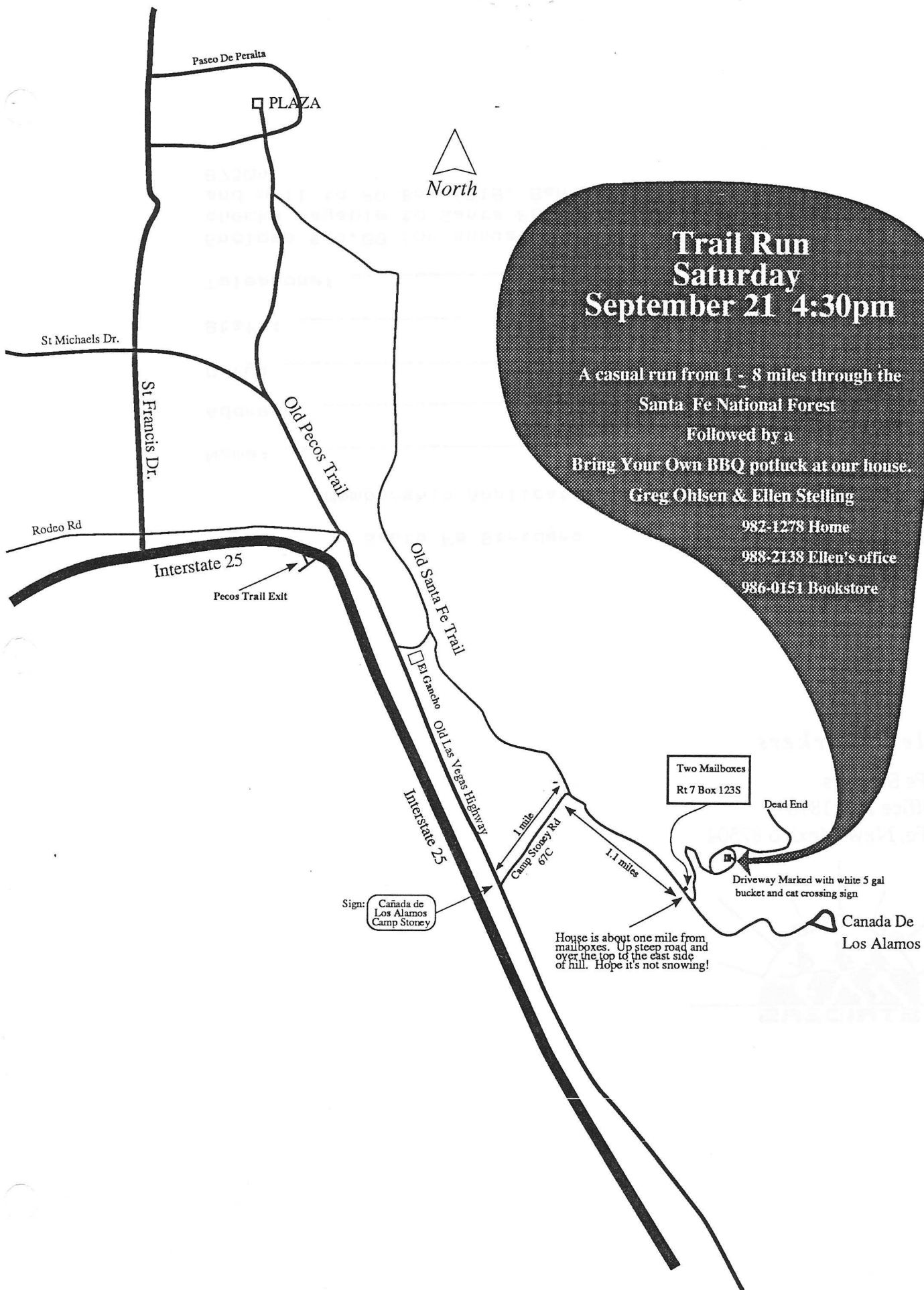
Χαίρετε, νικῶμεν.

AGE NOT

You can enjoy a long, healthy, active life. Here are the basic rules:

1. Do at least 30 minutes of sustained, rhythmic, vigorous exercise four times a week. Seek out patterns, times, places and contacts that make exercise as much a part of your day as eating and sleeping.
2. Eat like a bushman. Return to the habit of eating what Mother Nature first laid on our tables: fruits, whole grains, vegetables and lean meat.
3. Get as much sleep and rest as you need. Make quiet time a major priority. Exercisers, in particular, must acknowledge that their bodies require respite from work-outs and the general clamor of the day.
4. Maintain your sense of humor and deflect anger. Make each day an opportunity for optimism for yourself and others. A positive mind-set creates the expectation that something good is about to happen and opens the door to new options for success.
5. Set goals and accept challenges that force you to be as alive and creative as possible. Nature operates in such a way that growth and living are nearly synonymous. When one stops, so does the other. Creativity is not confined to the first part of your life. In fact, accumulated knowledge and experience should make the later decades even more congenial to new accomplishment.
6. Don't depend on anyone else for your well-being. A well-developed sense of self-efficacy is the crucial link to a long and meaningful existence. We all need to maintain mastery, autonomy and independence in our daily lives.
7. Be necessary and responsible. Live outside yourself. Beyond independence, we also need to see each day as a chance to help someone or something. Associate with other active, involved individuals. Sharpen your sense of duty to the Earth, which nurses us all.
8. Don't slow down. Stick with the mainstream. Avoid the shadows. Stay together. Universal law dictates that natural order is ordained by only one mechanism—a well-directed, purposeful flow of energy. Aging need not be characterized by loss. Maintaining your energy flow is the antidote.—W.B.

Good Luck
and
Have Fun
at
DUKE CITY!



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

Telephone: _____
State: _____ Zip: _____
City: _____
Address: _____
Name: _____

Membership Application

Santa Fe Striders

Mile Markers

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

