



Vol. 13
No. 10



We Give You the Run-Around

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

OUR POTLUCK GET-TOGETHER THIS MONTH WILL BE AT JUNE DICKINSON'S, 608 CALLE DE VALDES (988-3428), ON TUESDAY, OCTOBER 8, 7pm. A SPORTS NUTRITION SPECIALIST WILL SPEAK ON SUCH ELUSIVE SUBJECTS AS INCREASING STAMINA, REDUCING FATIGUE AND RECOVERY TIME, etc. (P.S. He may try to sell us something.)

There was something in the air last Sunday at Duke City !!! -- almost everyone I talked to said they had a great race...some said it was their best race in years! It was perfect weather, the volunteers did a great job, there was good food and drink afterwards (even if we had to pay for it), and the massage therapists were much appreciated! I can't begin to imagine the organization it takes to stage all of those events successfully.....

CONGRATULATIONS TO DALE AND KENNY, the newly dubbed "GALLOPING GRANDPARENTS." Their daughter Darcy had a little girl, McKenzie, on August 20. Proud grandma reports that McKenzie's already showing signs of becoming a runner and/or swimmer (eats a lot???). They will be out for a visit later this month.

Just a reminder...this is your conscience speaking...don't forget to call our Pres, JCP (983-2144), and volunteer to help at the finish line of the Farolito Run the evening of Sunday, Oct. 13....he may let you off the hook, but it's nice to offer...

More on the Coors Light Biathlon -- Gardenswartz now has a leaflet showing course routes. The opportunity to bike down St. Francis Dr. with traffic blocked off (I hope) is yours for an entry fee of \$35. There will be a Fitness & Sports Expo at Sweeney Center Sat., Nov. 2. Anyone can enter the Citizens Race.

FALL RACES

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| Oct. 6 | <u>All Comers Cross Country Track Meet</u> -- Hosted by Albq. Track Club for all ages. Call Susan Martin, 296-9001. |
| Oct. 6 | <u>Corrida de Taos 5 & 10K</u>
Since it's getting late, you can sign up on race morning (\$12). 5K - 8 am; 10K - 8:30. |
| Oct. 13 | <u>Habitat for Humanity 5K</u>
Starts on the Plaza at 7 p.m.; course is lined with farolitos. Fun race! Holly Beaumont, 982-9607. |
| Oct. 13 | <u>All Hallows Biathlon</u>
White Sands MR; 5K Run/30K Bike/5K Run. Mardy Clark, 678-5949 |
| Oct. 19 | <u>Fall Shavano Valley 1/2 Marathon, 2&4M Fun Runs</u>
Montrose, CO. Call John Unger, 249-3344. |
| Oct. 19 | <u>United Way Biathlon & Fitness Walk</u> -- Alamogordo. 2M Run/11M Bike/2M Run. Entries at Gardenswartz. |
| Oct. 20 | <u>Tour of Albuquerque Marathon & Relay</u> -- Gil's, 268-6300. Get on a team! |
| Oct. 26 | <u>Summerford Peak 6M Trail Run</u> -- Las Cruces, 524-7824. |

- Oct. 27 55th Hueco Mtn Estates Texas Biathlon Championships, 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. Call Gardenswartz if you'd like to help.
- Nov. 16 Baylor Pass Trail Run, Las Cruces, 5.9 mi. Call 524-7824.
- Nov. 17 16th New Times Phoenix 10K, 5K Phoenix, AZ -- (602) 229-1060.
- Nov. 23 Fowl Day Run 5K - Santa Fe. Call Mike Guttman, 984-8330.
- Nov. 28 Albq. Turkey 5 & 10K Gil's, 268-6300.

IMOGENE PASS REVISITED

At the start of this 18 mi. race from Ouray to Telluride, they announced that it was snowing at 11,000 ft. -- a frenzied cheer went up from the 500+ runners, many of them clad only in shorts & tee shirt. It was drizzly but fairly warm at 8,000 ft. and I took last minute inventory of my fanny pack -- was I being a wimp to bring so much stuff?? Was it going to be WARM up there in the snowstorm??? I ditched my hat and heavier gloves...

By mile 6, everyone was sopping wet from the steady drizzle, but we were still having fun. - About mile 8

it got very very steep -- most of us were walking -- and it started snowing. I wasn't having such a good time anymore. I didn't remember it being so steep back in '87 -- and it was definitely colder! Up around 12,000 ft. the wind bit and blew and the slush was slippery. I was still seeing lots of shorts-clad men & women with stoic expressions on their faces. By the 13,000 ft. summit, I was decidedly miserable and thinking of the Donner Party (not that I was especially hungry...and my PowerBar was frozen solid anyway).

The downhill run to Telluride was a great relief. It got warmer almost immediately, quit snowing and through splattered, fogged up glasses, the beautiful town of Telluride came into view. It was dangerous on shaky legs -- steep and rocky -- but I was experiencing reckless abandon by this time. I finished in 3:18 -- I'd like a guarantee of nice weather before attempting it again!

Jody Visalli

WHICH REMINDS ME OF:

Arthur Lydiard, the well-known coach and distance running writer and speaker, was once asked how he determined the best distance for an athlete to compete well. He replied: "I hold a candle up to their ears. If light comes out the other side, I know they're perfect for distance running."

Sign up now for the

Coors Light National Biathlon Championship
5K Run • 30K Bike • 5K Run
Sunday, November 3rd, 1991



Register for the Citizen's race at any Gardenswartz Sportz store and save \$5 off individual or team entries. To receive the \$5 discount, you must register in person at any Gardenswartz Sportz store by Monday, October 21, 1991.



2720 San Mateo NE
1915 Juan Tabo NE
Coors NW (Alameda West Center)
2860 Cerrillos Rd. (Santa Fe)

WORLD VETERAN GAMES -- TURKU, FINLAND

Having returned from Turku, via England, some seven weeks ago, and having promised the Editor of this classy newsletter that I would put pen to paper to help fill it up, I am now being threatened daily (due to my delinquency) to have my Power Bars snatched, my shoes lined with lead, and my name removed from the mailing list -- so here goes!

Thoughts of going to Turku danced in my head ever since taking part in the Eugene Championships in 1989, an experience never to be forgotten. So I started filling up my piggy bank and last February made the final decision to "do it."

Perhaps the first step to Turku was when I went to a Master Runners Unlimited meeting in ABQ to hear Mike Mittelstaedt speak on "Training for Master Runners." I did not know much about Mike before that meeting -- but I've certainly learned since. During his talk he mentioned many well-knowns that he coaches -- it took a bit of courage for me to approach him afterwards and ask if he might give me a training program to work with towards the World Veteran Games. He seemed only too happy to talk with me, and the following week I headed to ABQ for my first track workout. All spring and summer I churned out intervals on the UNM track, getting stronger and faster with each passing week and enjoying it more and more. I was really getting psyched when, 3 weeks before departure time, I blew out my gamey knee (10 days of no running) and, with one week to go, I got sick for the first time in nearly 2 years. I guess Jupiter wasn't aligned with Mars, or something.

With no sleep the night before, thirty hours of travel, ten hours of jet lag and daylight all night -- it all added up to rather disappointing running. With all the training I had put in, I was a little disappointed with my times. While the emotion and excitement of Eugene was somewhat lacking, Turku made up for it in other ways. Competition was far stronger and the times were riveting, with the European women dominating most of the events.

Three fabulous tracks were used, the main one being in Turku and the others in nearby suburbs. They were set in lovely wooded areas for use by local schools and the public. They had great facilities! Dressing rooms with showers and saunas where you could safely leave your belongings, First Aid facilities, free massages (the best I've had anywhere), and a convenient post office. Our hotel was a 15-minute walk along the Aura River to the main stadium -- a nice way to loosen up before an event.

The weather was sunny and mild, the volunteers friendly, caring and helpful, though the citizenry of Turku barely seemed to know the Games were in town. Long-distance runners were provided with individual lap counters -- by the end of the 10,000 meters (my first on the track and I really enjoyed it!), I felt mine was a life-long friend. Official results were flashed on the scoreboard within minutes of an event -- Quite an accomplishment considering some

events had 100+ heats, semifinals and finals. Though not entered, a bunch of us donned our numbers and ran the first 11 miles of the marathon to the cheers and bravos of the enthusiastic crowd.

More than 5,000 athletes from 53 nations participated and I think the Russians, some 600 of them, were perhaps the most friendly. They were very eager to talk and get to know you and would trade anything for a small piece of Americana. Many of them had travelled hundreds of miles by train, bringing all their own food and cooking utensils, and were camped in a forest outside of town. Their champion racewalker had shoes that were totally threadbare -- they were all she had.

I made many new friends during the two weeks in Turku and renewed many friendships from Eugene. My roommate was a champion racewalker from Boulder who almost convinced me that her sport was better for me than mine. However, if you see me swinging my hips down the Old Santa Fe Trail this winter, don't think I have made the switch -- just doing something different during the off season!

The closing ceremonies were filled with joy, new friends and farewells -- and hopes that we would meet again in Miyazaki, Japan, in 1993!

June Dickinson

...And What Do You Do With the Old Pair?

by Kary Williams

You probably have a pair of running shoes so old and foul-smelling that you think, *Who would want these?* Think again. Better yet, drop them in the washer, then drop them in the mail to either of two organizations that are collecting running shoes and redistributing them to those for whom running shoes are a luxury.

Shoes for Africa is the project of Mike Sandrock, a 2:25 marathoner who was invited through the U.S. Information Agency to run a marathon in Cameroon in 1986. Returning to Boulder, he called on some of Boulder's better-known runners—Arturo Barrios, Rob de Castella and Priscilla Welch among them—to pass along their excess shoes in near-new condition. Sandrock had them shipped via USIA back to Cameroon. He has since had another 5,000 pairs shipped to various African countries, where they are

distributed exclusively to runners.

The address that you can ship them to: Shoes for Africa, Box 2233, Boulder, CO 80302. Shoes received in not-so-new condition are donated to the Boulder Shelter for the Homeless.

SportLace: Shoes for the Needy is a newer program that began nationwide recycling of shoes last summer. Runners are encouraged to drop off used shoes at any of the 15 Coors Light Biathlon Series events, May through November. Despite limited publicity, hundreds of pairs have been dropped off at each race site. These shoes go directly to the United Way in the respective cities, and United Way distributes them to various charities, including homeless shelters. You may instead ship them to: SportLace Shoes for the Needy, c/o Perceptive Products, 2438 30th St., Boulder, CO 80301; (800) 688-2656.

BROWN RICE CRISPY TREATS

Serves 12

Beyond rice cakes and peanut butter ... sweet and nutritious with a wonderfully chewy texture.

PREP TIME: 5 minutes

- 1 box crispy brown rice cereal
- 1 cup rice syrup
- 1/2 cup peanut, almond or tahini butter
- 1/2 cup peanuts (optional)

1. Lightly oil a 9 x 12 pyrex pan. Pour cereal in a large bowl.
2. In a saucepan heat rice syrup over medium-low heat until it bubbles. Add peanut butter and peanuts. Stir until rice syrup and peanut butter melt together.
3. Quickly pour over cereal in bowl. Mix together with a spatula until cereal is lightly coated.
4. Transfer crispy mixture into pyrex dish. Press cereal down and smooth out top. Let set a bit before cutting into desired pieces. Store covered.

CHAMPIONSHIP EXPO

On Saturday, November 2, fitness and sports related businesses from across the country will present the newest in equipment and apparel for the biathlete in the Sweeney Center Ballroom from 10 until 5 p.m. Also represented will be selected businesses from the Santa Fe area offering competitors from out of state a taste of the Southwest.

We received a note from Jack Lippincott -- his address is: 406 Bendwood, Houston TX 77024, '713) 935-9202. He'd like to keep in touch and will still be receiving the newsletter. He ran the Terry Fox Run in Houston on 9/14 and was 1st in his agegroup (45-49) with a 19:03. There were over 2,000 runners.

Also heard from Kathy and David Howe, of Carlisle, UK, who were vacationing this summer in San Diego. After reading her race times, I guess it's a lucky thing for me she doesn't live here anymore! She ran a 38:45, 39:07 and a 38:55 in 3 different San Diego 10K's. Placed 3rd, 4th and 2nd respectively (overall) and 1st over 40 in each one. David was hot (well, warm) on her heels!

BOB WERNER attempted Le Trail, aka The Race Across the Sky, aka the Leadville 100, along with CHARLIE YOUNG, JIM FISHER and many others who wanted to accomplish what the rest of us still think of as "impossible." Bob called it quits after 50 miles; Jim said he walked the last 20 miles; Charlie finished for the third year in a row. Just attempting this staggering test of heart, mind and muscle takes guts!

From the Lone Star Running Club's newsletter: (via ABA Roadrunners --)

One of the facinating things about running through the city streets is that occasionally a flash of insight into "life it's ownself" will be revealed. Wayne Cogdill and I were out on one of our noon trips in the Country Club area when we saw a little girl about three years old trying to reach her kitty who was up a tree just out of grasp. She immediately ordered us to get the cat down for her which Wayne proceeded to do with pleasure, because she was just a charming, beautiful little girl. Once the cat was safe, she looked up at us in a somewhat imperious manner and said rather curtly: "You can go now."

Well to me it just reinforced the idea that there are some characteristics women don't have to learn, but are surely born with. Among these are a love of cats, the ability to get men to do exactly what they want, and a tendency to cast them aside without a word of appreciation or a twinge of guilt.

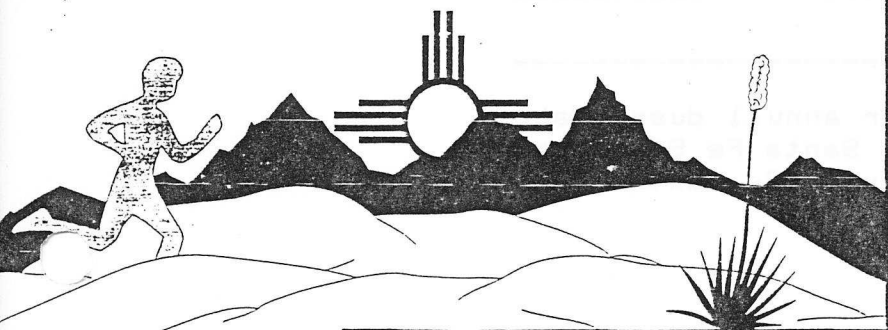


First Annual
WHITE SANDS/ALAMOGORDO MARATHON
Alamogordo, New Mexico
December 7, 1991 9AM



Organized by the WHITE SANDS JUNIOR WOMAN'S CLUB

The White Sands/Alamogordo Marathon will be a point-to-point race that starts and runs the first nine miles in the exotic and bizarre sand dunes of White Sands National Monument. After leaving the monument, the course follows a highway towards Alamogordo which is at the base of the Sacramento Mountains. Just north of the city, and visible during the entire race, is the majestic 12,000' peak of Sierra Blanca. The race will run through downtown Alamogordo, past the city's zoo, and finish in the park. It is a very flat, fast course for which TAC certification is pending. This is the first running of this marathon and the city of Alamogordo is making this a BIG event. Entertainment is planned throughout the course. A 5K race will be held in conjunction with the marathon and will be run inside the monument. There will be a city-wide celebration and festival at the finish followed by a marathon party that night. The marathon may be run by individuals or by five-person relay teams. TAC certification to be done by Don Shepan of the Mesilla Valley Track Club in Las Cruces.



Alamogordo

Clint Burleson, Race Director
1223 Michigan Alamogordo, NM 88310
505-434-0594 FAX 505-437-8858

Mile 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