

Beware the Ides of March!

1992 Membership Dues

If you'll notice your mailing label, your yearly due date is listed as a reminder to keep your membership current, thanks to those who have paid. If dues is not received before the end of March, your name shall become non-existent for our roster.

Strider's Meeting - March 10th

Our meeting shall be held at Jim Westmoreland's residence (438-8602), located 2363 Camino Carlos Rey, where I now reside too. The place has been domesticated, come by and see! For the potluck, bring an item that will compliment homemade vegetarian pizza and a leafy green salad.

Message from our v.i.Pres. - Santa Fe Runaround

Striders:

The March meeting could be the most important of the year. Several members have expressed concern over the expense of organizing the Runaround, and this issue may be exacerbated in these economically uncertain times. Suggestions have included but not limited to: adding a 5k run and changing the venue. But memories and tradition also count for something. What should we do? If you wish to participate in the discussion, please attend the March meeting. A decision must be made.

JCP:dlh

Terry Fox Pledge Run

A special charitable run is occurring March 10th at 9:00 am. The proceeds benefit the Santa Fe Prep School, the organizers of the run. It is a 'pledge per mile' event and the course is a maximum of 15 miles, with various turn around points and shorter loops. The run starts at the school. If you feel obligated and have the time, please support this event and get in a training run as well or give a donation if you have the money! For more info. call Lori at 982-1829.

Support the Editor

Diana's job is ending at the end of February. She needs to have a PC to work with to produce professional looking newsletters and to make her job easier. If you have a home PC and are willing to sacrifice one evening a month, she'd be grateful..until another job opportunity (with a PC) presents itself ...which should be soon.

FYI - Detach At Perforation & Keep for reference

CYCLING PACE CHART

30 Km. Time	Speed (MPH)
40:00 minutes	27.96
41	27.28
42	26.63
43	26.01
44	25.42
45	24.86
46	24.32
47	23.80
48	23.30
49	22.83
50	22.37
51	21.93
52	21.51
53	21.10
54	20.71
55	20.34
56	19.97
57	19.62
58	19.28
59	18.96
60	18.64
61	18.34
62	18.04
63	17.75
64	17.48
65	17.21
66	16.95
67	16.69
68	16.45
69	16.21
70	15.98
71	15.75
72	15.53
73	15.32
74	15.12
75	14.91
76	14.72
77	14.53
78	14.34

Race Results

Jim Fisher turned in some of his accomplishments: the Aaron Goldman 100k race held in Sacramento CA., in honor of the namee's 60th birthday Jim took 1st in his age group with a time of 10hrs:50min. He also ran the Alamogordo Marathon in 3hrs:14min. Way to go Jim, incredible ultra mile

Some news from our friends Kathy & David Howe in England. Kathy ran the National Masters 10k Champions in 39:25, she was 2nd in 40 age group & 11th overall. She represented Cumbria County in cross country Nationals & placed 9th. David ran a PR time of 64:10 for the Brampton 10 mile race His fastest since 1985. Congratulations to both of you & keep training!

Next for the Master 'more mature' runners.

Master Runners Unlimited Tenth Annual Winter Runaround February 9, 1992 Race Results

5 mile race

M40	Tom Stow	34:09	28th overall position
M45	John Pollak	32:26	12th
M50	David Giles	32:57	7th
M60	Dale Goering	33:55	2nd
M60	Jerry Dorbin	43:10	47th

W55	June Dickinson	39:56	15th
W55	Kenny Goering	47:04	50th

2.5 mile race

M40 Jim Westmoreland 14:17 1st

Congratulations!!

Satchel Paige's Rules on How to Stay Young

1. Avoid fried meats which angry-up the blood.
2. If your stomach disputes you, lie down and pacify it with cool thought.
3. Keep the juices flowing by jangling around gently as you move.
4. Go very lightly on the vices, such as carrying-on in society. The social ramble ain't restful.
5. Avoid running at all times. What!?!?
6. Don't look back. Something might be gaining on you.

	Pace Per Mile	2 Mi.	3 Mi.	5 Km.
4:30	9:00	13:30	13:59	
4:40	9:20	14:00	14:30	
4:50	9:40	14:30	14:58	
5:00	10:00	15:00	15:32	
5:10	10:20	15:30	16:03	
5:20	10:40	16:00	16:34	
5:30	11:00	16:30	17:05	
5:40	11:20	17:00	17:36	
5:50	11:30	17:30	18:07	
6:00	12:00	18:00	18:38	
6:10	12:20	18:30	19:09	
6:20	12:40	19:00	19:40	
6:30	13:00	19:30	20:11	
6:40	13:20	20:00	20:43	
6:50	13:40	20:30	21:14	
7:00	14:00	21:00	21:45	
7:10	14:20	21:30	22:16	
7:20	14:40	22:00	22:47	
7:30	15:00	22:30	23:18	
7:40	15:20	23:00	23:49	
7:50	15:40	23:30	24:20	
8:00	16:00	24:00	24:51	
8:10	16:20	24:30	25:22	
8:20	16:40	25:00	25:53	
8:30	17:00	25:30	26:24	
8:40	17:20	26:00	26:55	
8:50	17:40	26:30	27:26	
9:00	18:00	27:00	27:58	
9:10	18:20	27:30	28:29	
9:20	18:40	28:00	29:00	
9:30	19:00	28:30	29:31	
9:40	19:20	29:00	30:02	
9:50	19:40	29:30	30:33	
10:00	20:00	30:00	1:04	

*NM TAC STATE CHAMPIONSHIPS

FEBRUARY	9	MRI WINTER RUNAROUND GEO.WEST,271-2037. JEFFCO JETS INDOOR, DON SINCLAIR, 303/98B-5930.	NM RACEWALKERS 5K , JOE SUTTON, 888-3479.
		***NM TAC GRAND PRIX CHAMPIONSHIP SERIES SPONSORED BY NM T&F, FOR FURTHER INFO AT TAC OFFICE: SPECIFIC RACE, RECTOR OR NM TAC - KATHY FONES - 255-0299	***NM TAC GRAND PRIX CHAMPIONSHIP SERIES SPONSORED BY NM T&F, FOR FURTHER INFO AT TAC OFFICE: SPECIFIC RACE, RECTOR OR NM TAC - KATHY FONES - 255-0299
		THE SERIES CONSISTS OF TEN RACES: 3-5K S, 8K, 2-10K S, 15K, 20K, 1/2MARATHON AND LA LUZ.	THE SERIES CONSISTS OF TEN RACES: 3-5K S, 8K, 2-10K S, 15K, 20K, 1/2MARATHON AND LA LUZ.
		EACH RACE WILL HAVE 5 OVERALL SCORING PLACES, MALE & FEMALE, OPEN & MASTERS, AS FOLLOWS:	EACH RACE WILL HAVE 5 OVERALL SCORING PLACES, MALE & FEMALE, OPEN & MASTERS, AS FOLLOWS:
		5K, 8K, 10K 1ST PLACE - 10 POINTS 2ND PLACE - 9 " 3RD PLACE - 8 " 4TH PLACE - 7 " 5TH PLACE - 6 "	5K, 8K, 10K 1ST PLACE - 12 POINTS 2ND PLACE - 11 " 3RD PLACE - 10 " 4TH PLACE - 9 " 5TH PLACE - 8 "
		15K, 20K 1ST PLACE - 13 POINTS 2ND PLACE - 12 " 3RD PLACE - 11 " 4TH PLACE - 10 " 5TH PLACE - 9 "	15K, 20K 1ST PLACE - 13 POINTS 2ND PLACE - 12 " 3RD PLACE - 11 " 4TH PLACE - 10 " 5TH PLACE - 9 "
		TOP OVERALL MALE & FEMALE, OPEN & MASTERS, FOR THE SERIES (HIGHEST # OF POINTS) WILL BE DECLARED GRAND PRIX CHAMPIONS. MASTER RESULTS WILL BE DETERMINED BY AGE GRADE FACTOR. THE WINNERS WILL BE GIVEN A ROUND- TRIP TICKET, A NIGHT'S LODGING AND ENTRY INTO THE PHOENIX RUNNER'S DEN RACE, FEBRUARY 7, 1993 (UNLESS OTHER- WISE SPECIFIED). WINNERS MUST HAVE A TAC CARD. THE PRIZE HAS NO CASH VALUE. IN THE EVENT OF A TIE, PLACE AT LA LUZ WILL BE THE TIE-BREAKER.	TOP OVERALL MALE & FEMALE, OPEN & MASTERS, FOR THE SERIES (HIGHEST # OF POINTS) WILL BE DECLARED GRAND PRIX CHAMPIONS. MASTER RESULTS WILL BE DETERMINED BY AGE GRADE FACTOR. THE WINNERS WILL BE GIVEN A ROUND- TRIP TICKET, A NIGHT'S LODGING AND ENTRY INTO THE PHOENIX RUNNER'S DEN RACE, FEBRUARY 7, 1993 (UNLESS OTHER- WISE SPECIFIED). WINNERS MUST HAVE A TAC CARD. THE PRIZE HAS NO CASH VALUE. IN THE EVENT OF A TIE, PLACE AT LA LUZ WILL BE THE TIE-BREAKER.
		THE FOLLOWING LISTED MEETS ARE THOSE THAT WERE RECEIVED BY THE TAC OFFICE. OTHER MEETS MAY BE HELD IN 1992 THAT DO NOT APPEAR ON THE CALENDAR.	THE FOLLOWING LISTED MEETS ARE THOSE THAT WERE RECEIVED BY THE TAC OFFICE. OTHER MEETS MAY BE HELD IN 1992 THAT DO NOT APPEAR ON THE CALENDAR.

NM RACEWALKERS 5K , JOE SUTTON,

FEBRUARY	9	MRI WINTER RUNAROUND GEO.WEST,271-2037. JEFFCO JETS INDOOR, DON SINCLAIR, 303/98B-5930.	SANTA FE RUNAROUND 10K, JOHN POLLAK, 983-2144.
		MT. TAYLOR QUADRATHLON RIO GRANDE RIVER RUN 8MI., LAS CRUCES, 524-7824.	SFLA GOLDEN FLASHES ALL-COMERS T&F, TERRY PASSALACQUA, 983-7769.
		NM RACEWALKERS 5K* STATE CHAMPIONSHIP, 242-3713.	RUN FOR THE BLUE 5&10K, 2 MI.WALK, GIL'S, 268-3300.
		RIO RANCHO PRES.DAY 5&10K, DANA BROWN, 892-6704.	NM TAC STATE JUNIOR OLYMPICS, 12-14 KATHY FONES, 255-0299.
		JUNIOR HS INDOOR T&F, FARMINGTON, BOB FERRIER, 325-2481.	TADS MARATHON, 1/2MARATHON***, 5K, ALFRED PADILLA, 864-7729.
MAY	22	NM TAC STATE CHAMPIONSHIP INDOOR T&F, BOB FERRIER.	MAD RUN FOR YOUR LIFE 5K, WHITE ROCK DICK SHIRE, 672-1768.
	28	CORP.CUP INDOOR T&F, BOB FERRIER, 325-2481.	NM GAMES ALL-COMERS T&F, JOHN REARDON, 255-8478.
	29	NM TAC STATE CHAMPIONSHIP INDOOR T&F, BOB FERRIER.	FIREFIGHTERS 5&10K, 2MI.WALK, GIL'S, 268-6300.
	28	Junior HS INDOOR T&F, FARMINGTON, BOB FERRIER, 325-2481.	WHEELER PEAK MT.RUN 3MI.&11MI., RED RIVER, GIL'S, 268-6300.
	29	CINCO DE MAYO 5&10K & BIATHLON, LOS LUNAS, CHAS.OTERO, 345-4274.	TAC YOUTH NATIONAL CHAMPIONSHIPS, AUBURN, ALABAMA.
	28	RUN FOR THE ZOO 5&10K*, 1MI., GWEN	TAC YOUTH NATIONAL CHAMPIONSHIPS, AUBURN, ALABAMA.
	14	ACO ALL-COMERS T&F, LEON BOYDEN, 5K, DIX, 242-3713.	4TH OF JULY MIDNIGHT RUN 4MI., GIL'S, 268-6300.
	14	PEGASUS INVITE T&F, NEVADA AL McDaniels, 702/593-2916	FESTA 5&10K & 1MI RUN, LAS VEGAS, BOB READ, 425-8034.
	14	TIGER RUN 8K***, LOS LUNAS, JOHN TOWNSEND, 665-7273.	TAOS FUN 4MI.RUN, 1MI.WALK, DEBORAH NASON, 758-4160.
	14	ST. PATRICK'S DAY 5K, GIL'S, 268-6300.	INDEPENDENCE DAY RUN 8K&1MI., LAS CRUCES, 526-0593.
	15	PECOS SPRINGS 5&10K, 5K WALK, EDDIE QUINTANA, 263-6971.	CRAWFISH CRAWL 5K***, GREG HEBERT, 889-2904.
	15	PUMAS ALL-COMERS T&F, RICK MACHA, 275-7020.	TAC REGION X T&F CHAMPIONSHIPS, EL PASO.
	15	CERRILLOS 5&15K***, GIL'S, 268-6300.	BASTILLE DAY 8K RUN&5K WALK, LAS CRUCES, 524-7824.
	15	YUMA SPRINGS 5&10K, 5K WALK, AL McDowell, 624-1140.	LOS ALAMOS CREDIT UNION MINI-MARA., 5&20K&5K RW, GIL BUTLER, 662-6670.
	15	UNM VS. ASC, NMSU, T&F, UNM STADIUM.	ROCKY MT. QUALIFER ALL-COMERS T&F, HERSHEY T&F, LAS CRUCES, 526-6593.
	15	RUN OLD MESILLA 5&10K***, 5K RW, LAS CRUCES, 524-7824	BURN LAKE TRIATHLON, LAS CRUCES, 526-0593.
	21	UNM VS CO, VI, T&F UNM STADIUM.	WOMEN'S 5K DISTANCE FESTIVAL, BETSY ZOLPER, 291-0429.
	21	TOP OVERALL MALE & FEMALE, OPEN & MASTERS, FOR THE SERIES (HIGHEST # OF POINTS) WILL BE DECLARED GRAND PRIX CHAMPIONS. MASTER RESULTS WILL BE DETERMINED BY AGE GRADE FACTOR. THE WINNERS WILL BE GIVEN A ROUND- TRIP TICKET, A NIGHT'S LODGING AND ENTRY INTO THE PHOENIX RUNNER'S DEN RACE, FEBRUARY 7, 1993 (UNLESS OTHER- WISE SPECIFIED). WINNERS MUST HAVE A TAC CARD. THE PRIZE HAS NO CASH VALUE. IN THE EVENT OF A TIE, PLACE AT LA LUZ WILL BE THE TIE-BREAKER.	ABWA RUN FOR EDUCATION 5&10K, 5K WALK RELAY, URSULA GARDINO, 268-5298.
	21	TOP OVERALL MALE & FEMALE, OPEN & MASTERS, FOR THE SERIES (HIGHEST # OF POINTS) WILL BE DECLARED GRAND PRIX CHAMPIONS. MASTER RESULTS WILL BE DETERMINED BY AGE GRADE FACTOR. THE WINNERS WILL BE GIVEN A ROUND- TRIP TICKET, A NIGHT'S LODGING AND ENTRY INTO THE PHOENIX RUNNER'S DEN RACE, FEBRUARY 7, 1993 (UNLESS OTHER- WISE SPECIFIED). WINNERS MUST HAVE A TAC CARD. THE PRIZE HAS NO CASH VALUE. IN THE EVENT OF A TIE, PLACE AT LA LUZ WILL BE THE TIE-BREAKER.	CIBOLA NAT'L FOREST 5&10K, KAREN OR JEROME, 761-1650.
	28	AL WAQUIUI VIR 5&10K***, 1MI.WALK JOE SUTTON, 888-3479.	TAC JUNIOR OLYMPICS T&F, MT.SAC, WALNUT, CALIFORNIA
	28	ALB FIREFIGHTERS ALL-COMERS T&F, CALVIN WINFIELD, 892-8651.	DUKE CITY MASTERS SUB-MASTERS,OPEN LA LUZ 9MI.MT.RUN***, T&F,NEIL SILVER, 265-B234.
	28	ARR 24HR. RUN, TONY FULLER 881-2232.	MILKMAN TRIATHLON, LAKE VAN, DEXTER.
	28	UNM VS. CSU,ASC,NCU, T&F, UNM STADIUM.	MAURICE SMITH, 899-0816.
	25	SFLA 24HR. RUN, TERRY PASSA- LACQUA, 983-7769.	
	25	GATHERING OF NATIONS 8K&2MI.	
	25	LA LUZ 9MI.MT.RUN, LA LUZ 9769.	
	25	JOE SUTTON, 888-3479.	
	25	PHOENIX INVITE T&F, BOB FLINT, 602-994-5132.	
	25	UNM VS. CSU,ASC,NCU, T&F, UNM STADIUM.	
JUNE	6	DUKE CITY MASTERS SUB-MASTERS,OPEN T&F,NEIL SILVER, 265-B234.	
JUNE	6	MILKMAN TRIATHLON, LAKE VAN,	
JUNE	31	TONY VIGIL, 265-B298.	
AUGUST	1	TAC JUNIOR OLYMPICS T&F LA LUZ 9MI.MT.RUN***, TONY VIGIL, 265-B298.	

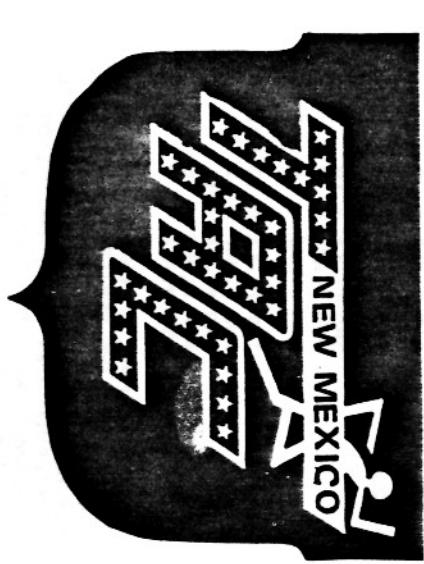
1992

RUNNING EVENTS

SEPTEMBER 8 IRON KIDS TRIATHLON, YMCA METRO, LES OLIVE, 262-0304, 881-4787. MRU MAGIC MILE, FRED HOEKE, 842-8911, 294-3850. 15 SUMMER FUN 5&10K, 5K WALK, LAS CRUCES, 524-7824. MANUELITAS RELAY 15MI. 16 TED WINSTON, 425-7717. SHAPING UP FOR SUCCESS 5&10K, 1MI., ROSE NODINE, 841-4203. JEMEZ 1/2MARATHON, 5K, &1MI.WALK, STEVE GACHUPIN, 834-7768.	DECEMBER 5 DLD REINDEER ROUNDUP 5&10K, BETTY WHITE, 822-0476. WHITE SANDS/ALAMOGORDO MARATHON, CLINT BURLESON, 434-0594. REINDEER RUN 10K, 2MI., ROSWELL, DORIS CALLAWAY, 622-8973. ALBUQUERQUE ARTHRITIS FOUNDATION 5&10K, MARTHA, 265-1545. NAT'L TAC JUNIOR OLYMPICS CROSS-COUNTRY, MOBILE, ALA.

JANUARY, 1993 1 EGG NOG JOG 4MI., GIL'S 268-6300. SANTA FE TRAIL RUN 5&10K***, WALK, GIL'S, 268-6300. TURTLE RUN MARATHON, ROSWELL, DORIS CALLAWAY, 622-8973. SO. NM STATE FAIR 10K, LAS CRUCES, 524-7824. RUN & ROLL FOR REHAB 5&10K, 1MI. WALK, IDA GONZALES, 766-4725. CARRIE TINGLEY BLN RUN 5&10K, 5K RW, CELEBRITY FUN WALK, KAREN TURNER, 243-6626. SANTA FE DUATHLON, SHANE CLEVELAND, 255-8425. LOVELACE DUKE CITY MARATHON, 1/2MARA., 20K WALK, 5K RUN/WALK, HOTLINE 888-2448.	FEBRUARY, 1993 17 ARR TWOSOME, PAUL GROSVENOR, 881-4673. 24 SUPER BOWL SUNDAY 10&5K, 1MI., & 5K RW, LAS CRUCES, 527-5167.

CALENDAR

OCTOBER 3 WHOLE ENCHILADA 5K&1MI., LAS CRUCES, 527-5167. 4 CORRIDA DE TAOS 5K***& 10K, GIL'S, 268-6300. 11 ARR DIRTY DOZEN 12K, PAUL GROSVENOR, 881-4673. 17 NM RACEWALKERS 10K* STATE CHAMPIONSHIP, TERRITORIAL 5K, DIX, 242-3713. 18 TOUR OF ALBUQUERQUE MARATHON & RELAY, GIL'S, 268-6300.	NOVEMBER 7 SOCIETY OF HISPANIC ENGINEERS 5&10K, LAS CRUCES, 524-7824. PECOS VALLEY ROUNDUP 10&20K***, 2MI., STEVE GLOVER, 623-9312. BAYLOR PASS TRAIL RUN, 5.9MI., LAS CRUCES, 524-7824. STATE X-COUNTRY MEET TAC OFFICE, 255-0299. REGION X JUNIOR OLYMPICS
	 NM TAC 118 AMHERST NE ALB., NM 87106 505/255-0299

SANTA FE STRIDERS

Membership Application

Name: _____

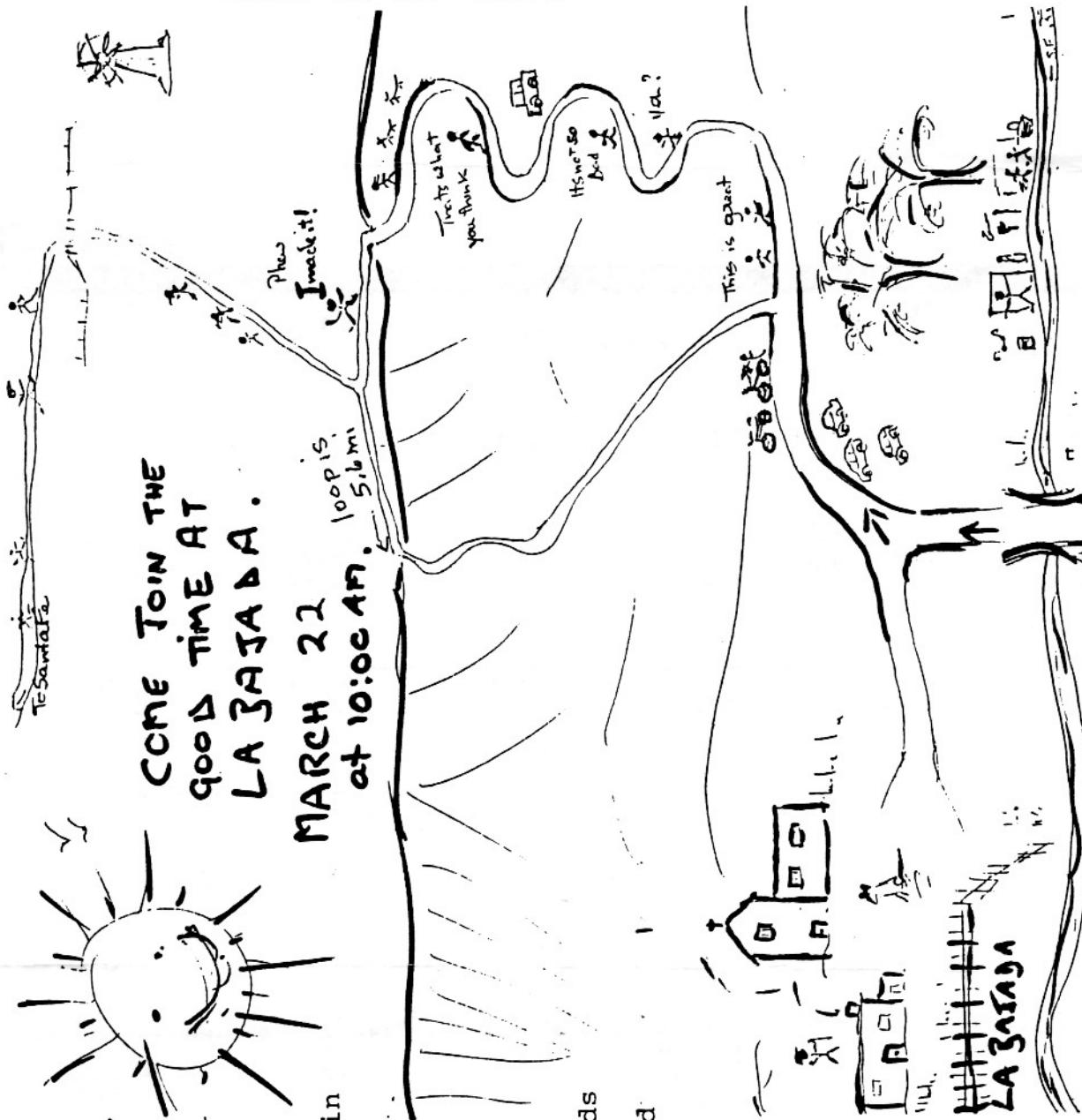
Address: _____

City: _____

State : _____ Zip: _____

Telephone: _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. If you are paying after July 1, the membership fees are \$7.50. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504.



MARCH FUN HAPPENING
3rd Annual La Bajada Baja,
Sun., March 22, 10:00 a.m.

Yes, it's on again. Runners, walkers, bikers, dogs, roller bladers (maybe) and anyone who is "upwardly" mobile -- it's time to take the old La Bajada Hill once again. Bring lots of H₂O, picnic, warm clothes (in case you get blown off the top of the mesa) and all your friends & relatives for this Spring (hopefully) happening.

Meet at La Bajada at 10:00. It's easy to find -- just take the Cochiti Exit, drive 3.6 miles and turn right towards La Bajada Village (and Tetilla peak). Continue for 1 mile and take a dirt road to the right; continue for 1 1/2 miles and cross the roaring** Santa Fe River. Just beyond the river go right and park.

For more info, call June at 988-3428 or you can meet at her house at 9:00 a.m. for carpooling (608 Calle de Valdes). ** courtesy of Tom Stow for your wading pleasure.

Do the 5.6 mi. loop or keep running till you get to Santa Fe!

Mile Markers

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



March '92 Issue

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Striders Weekly Run 5:30 pm @ Plaza	5	6	7
8	Striders Meeting @ Jim W. & Diana H. 7:00 - Potluck 8:00 - Meeting 438-8602	10 Terry Fox Pledge Run 9:00 am - up to 15 miles Santa Fe Prep School (Lori) 982-1829	11	12	13	14 8 is Enough Montrose CO. 9:00 am Mark Lisak (303) 249-2903 Mary Plat's BD
15	Tiger Run ← 14th Annual Trans Mountain Tony Vigil 265-8298 ← 20 K Challenge El Paso - walk 8:00 am (915) 833-1231	17 St. Patty's Day 5K Gils 268-6300	18	○ Full Moon	19	20
22	3rd Annual La Bajada 10:00 am June Dickinson 988-3428	23	24	25	26	27
29	Vuelta de Albuquerque 15/30/50 miles 9:00 am - biking Danny Hernandez 255-5981	30	31			28 OLD Mesilla 10K Las Cruces 524-7824

FEBRUARY 1992					APRIL 1992				
S	M	T	W	F	S	M	T	W	F
1	2	3	4	5	6	7	8	9	10
7	8	9	10	11	12	13	14	15	16
14	15	16	17	18	19	20	21	22	23
21	22	23	24	25	26	27	28	29	30

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 1992	MAY 1992					
S M T W T F S	S M T W T F S					
1 2 3 4 5 6 7	1 2					
8 9 10 11 12 13 14	3 4 5 6 7 8 9					
15 16 17 18 19 20 21	10 11 12 13 14 15 16					
22 23 24 25 26 27 28	17 18 19 20 21 22 23					
29 30 31	24 25 26 27 28 29 30					
5 Wetside YMCA Mountain Man Duathlon SK/30K/5K Mike Hicks (915) 584-5622 El Paso	6	7	8	9	10	11 18Q Roadrunners 24 hr. run Tony Fuller 881-2232
12 Snakebite Classic Duathlon - El Paso 5K/30K/5K Mike Caton (915) 541-2340 TORGV - ABQ Rotary Club 242-2651	13	14	15	16	17	18 Burma Shave 10 miler 9:00 am Montrose CO Linda & Mary Wood (915) 249-7662/449-3835
19 Mesilla Valley Tri. LAS CRUCES 524-7824 Garden State Classic Holly Wilson 884-6787 Nightingale Classic 5&10K Muriel James 255-4717 Spring Health 5K Gil - (300) Rio Grande School 5K 864-7729 Alfred Padilla (Belen)	20	21	22	23	24	25 SF/LA 983-7169 24 hr. run Terry Passeleagu Gathering of Nations Maurice Smith 899-0816 8K & 2 mile Women's Resource Center 10K - 10:00 am Gary Whittack (208) 249-8718 Montrose, CO
26	27	28	29	30		