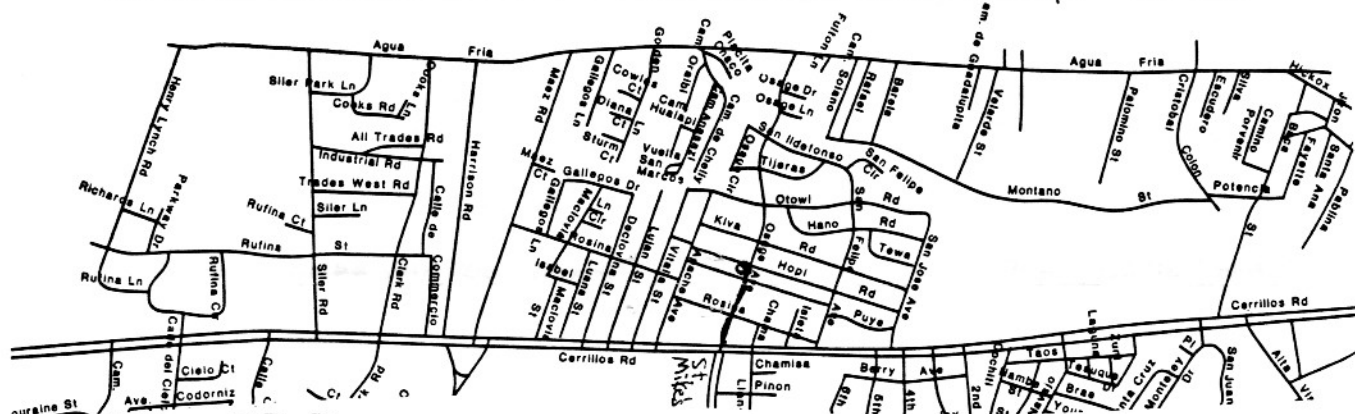


Are You Enjoying Your Summer So Far?!?

### Strider's Meeting - Tuesday, August 11

This month's meeting shall be held at David Sneesby's residence. The address is 2004 Hopi Road. His home phone number is 988-7410. The potluck starts at 7:00 pm and the meeting begins at 8:00 pm. *House located on left corner, coming from Cerrillos.*



### Farewell To Thee

Tom and Fanci Stowe, a 'couple' of members in our group, are moving to Riverside CA. the beginning of August. I didn't have a chance to say 'good-bye', yet I hope your new life works out well for you. Tom found a job paying about \$10,000 greater annually than what he was making in Santa Fe. He's got dollar signs in his eyes. Their new address and phone number is:

Tom & Fanci Stowe  
6543 Westview Dr.  
Riverside, CA. 92506-5389  
(714) 789-8647

### Messages from our viPresident

Strider's,

The Striders performed *almost* flawlessly at the Hot Chile Run, and I'm not speaking of runners. Owing to the skills and effort of a cadre of volunteers, our duties at the finish line and results/display board were handled with precision and speed. Our work drew praise from the race director and earned the club \$228.00! Heartfelt thanks are given to: Fanci Stowe, Michael Guttman, Nancy and Justin Pollak, Jim Westmoreland, Diana Hardy, Greg Ohlsen, Chris Kassube, Jody Visalli, June Dickinson, and Stan Grochowski.

JCP:dlh

### U.S. Olympic Unsportsmanlike Conduct

I haven't gotten to watch hardly any of the Olympics since they have been aired on TV, yet I'm ashamed at the unsportsmanlike conduct various athletes are portraying, for instance, Barkley's elbow in basketball.

Last night I was informed that the men's winner of the 10,000 meter track race got disqualified. One Moroccan runner was trying to block another runner, a Kenyan, from passing him to allow his fellow countryman to win.

Serves him right!

What do these acts say about us? Everyone is out for themselves? Let's hope we as individuals don't allow this behavior to control us in our competitive events.

## Race Results

### July 19th - Sylvia Pulliam, Hot Chile Run

5K Men	Overall Winners	5K Women
David Sandoval 17:54		Laura Pearson 21:14
Xavier Read 18:53		Jessica Chavez 21:15
Walter Roubal 19:25		Beth Davenport 23:36
10K Men	Overall Winners	10K Women
Steve Cathcart 34:42		Dolores Rodriguez 44:43
Lyle Amer 37:02		Dagny Scott 45:32
Mick Torres 37:29		Kristin Bennett 46:50
5K	Strider Members	10K
Tom Stowe 23:22		Judie Amer 46:59
Loretta Garcia 23:48		Vivian Reinikainen 51:09
Saul Cohen 29:43		Otto Foyt 55:01

### July 26th - Santa Fe/Cochiti Triathlon

The 'Team Last Minute', John Pollak's team was the 2nd place overall co-ed team and the 1st in 20-29 age group. 'Mostly because of the efforts of swimming and cycling speedsters Chelsea and Manuel'. Did you lie about your age, John? Or was the average age 29.99?

I improved my time 5 minutes over last year. Yet it is amazing to me each individual's strengths and non-strengths. Depending on the event, I'll pass someone, then they'll get me later in another event. Nothing is for certain.

Santa Fe Triathlon	
COCHITI LAKE — Results Sunday of the 8th Annual City of Santa Fe Triathlon:	
Men	Women
Overall Winners 1. Shane Cleveland, 1:54:07; 2. Uziel Valdivia, 1:59:11 (first two subject to 30-second penalty, after taking wrong turn and pro- tested by No. 3 finisher. Penalty will not change order of finish); 3. Chad Armstrong, 2:00:54; 4. Jeff Banger, 2:00:31; 5. Jeff Moore, 2:00:44. 15-19 — 1. Juniper Hunter, 2:31:28; 20-24 — 1. Uziel Valdivia, 1:59:11; 25-29 — 1. Shane Cleveland, 1:54:07; 30-34 — 1. Jeff Banger, 2:00:31; 35-39 — 1. Lyle Amer, 2:05:44; 40-44 — 1. James Lackey, 2:11:17; 45-49 — 1. Ron McCutley, 2:12:50; 50-54 — 1. Art Gadenwartz, 2:25:13; 55 & over — 1. Bruce Murray, 2:33:53.	Overall Winners 1. Mari Holden, 2:16:37; 2. Mary Uhl, 2:19:08; 3. Bridget O'Reilly, 2:23:18; 4. Lisa Berg, 2:24:18; 5. Sarah Fulcher, 2:26:29. 15-19 — 1. Mari Holden, 2:16:37; 20-24 — 1. Camille Aragon, 2:03:15; 25-29 — 1. Mary Uhl, 2:19:08; 30-34 — 1. Sarah Fulcher, 2:26:29; 35-39 — 1. Carol Wildman, 2:38:26; 40-44 — 1. Barb Denier, 2:32:20; 45-49 1. Joy Visalli, 2:32:48; 50-54 — 1. Vivian Reinken, 2:50:17.
Teams	Co-ed
1. The Wannabes, 2:01:19; 2. Team Last Minute, 2:03:31; 3. Lonies, 2:08:18; 4. De- fined Fury 2:10:32; 5. BAL 2:12:08.	1. Beernuts, 2:26:00; 2. Serenata of Santa Fe, 2:30:05; 3. Hyperemia, 2:32:24; 4. Very Best Mujeres, 2:36:47; 5. Team Fairside 2:39:04.
Men	Women
1. Gadenwartz Sports, 1:49:23; 2. Eld- ridge, Beach & Spar, 1:56:06; 3. The Burrito Kings, 1:58:39; 4. Evinger, Aguirre & Serra, 1:59:11; 5. MJS, 2:00:36.	

### July 11th - Los Alamos High Altitude 20K

John Pollak ran a great time of 1:25:10. He ranked 3rd in 45-49 age group.

### August 2nd - Evergreen CO, 10k Run

Jim Westmoreland and Diana Hardy drove up to Evergreen, CO (just outside Denver) to run a 10k, supposedly flat, downhill course; a pretty course, it was. This race was Jim's first for the summer and a first 10k in a while.

His time was 34:50. Diana was encouraged to go faster, and she did a PR time of 41:38. Probably not to be done again for awhile.

Congratulations to all of us!!

**Power Foods To Go**  
Excerpt from Running Times Magazine

Food Item	Serving Size	Calories	Carbos	Fat
Apple	1 (6 oz.)	80	21 gm	trace
Bagel	3-in. dia.	200	50 gm	2 gm
Banana	1 (4 oz.)	105	27 gm	1 gm
Dried Apricots	1 cup	310	80 gm	trace
Fig Bars	4	210	42 gm	4 gm
Oatmeal	1 cup	145	25 gm	2gm
Pasta (no sauce) what!!	1 cup	190	39 gm	1 gm
Potato (baked)	1 (8 oz.)	160	51 gm	trace
Raisens	1/2 cup	215	55 gm	trace
Rice	1 cup	225	50 gm	trace

If your tastes for food are like mine, I would rather get my energy from eating normal foods rather than eating 'space bars'. Yet, I'll include their nutritional values here too.

**Energy Bars**

Amino Fuel Bar	78 gm	285	50 gm	3 gm
Energy Burst	55 gm	210	33 gm	4 gm
Exceed Sports Bar	83 gm	280	53 gm	2 gm
Power Bar	65 gm	226	40 gm	<2 gm

**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.

# SEPTEMBER

## SUNDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SAURDAY

6 Enduro Classic 5K & 10K run, 5K walk Trinidad, CO. Joette White (719) 846-9881	7 Santa Fe Trail Run 5K & 10K Run Gil's 1-268-6300 Turtle Run Marathon Roswell, NM Doris Callagay 1-622-8973	8	9	10	11	12 Imogene Pass Run, 16 miles Ouray to Telluride 6:30 am - walkers 8:30 am - runners 1-800-218-1876 1-800-525-3455	4th Annual Top of NM Mountain Bike Race Enchanted Forest, Red River, NM 1-800-348-6444 Full Moon ☉
13 South N.M. State Fair 10K Las Cruces 1-524-7824	Run & Roll for Rehab. 5K & 10K run, 1 mile walk Ida Gonzales 766-4725	Spike Ride Sidney Mallard 1-247-1491	16	17	18	19	
10th Annual Taz Triathlon 800 M swim/20K bike/5K run Taz's Sports & Court Club 1-758-1980	15 Annual Enchanted Circle Bike Tour, Red River 1-800-348-6444 8:00 a.m.	Tri-Glenwood Triathlon 825 M swim/16 mile bike/5 mile run Hot Springs and Glenwood, CO Becky McReynolds (303) 928-0635	23	24	25	26	
20 Carrie Tingley in Run 5K & 10K Kare er 1-243-6626	Turquoise Trail Ride David Oberg 1-881-0844	21 22	23	24 Last Day SF Bike Tour	25	26	
Santa Fe Duathlon Shane Cleveland 1-255-8425	Santa Fe Trail Bike Tour - Albert Gonzales 984-6864						
27 Loveface Duke City Marathon, 1/2 M. 20K walk, 5K run/walk 888-2448	11 Annual William Bonney Duathlon 5K run/30K bike/5K run Mardy Clark 1-678-5949 White Sands Missile Range	Backcountry Triathlon 1000 yard swim/30 mile bike 10K run 7:30 am USC Campus, Pueblo, CO Eric Vestebey (719) 549-2586	30				

AUGUST 1992							OCTOBER 1992						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31

# AUGUST

## SUNDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SAURDAY

2 Laz Trail Run 9 miles Terry Vigil 1-265-8298		3	4	5 Striders Weekly Run Meet @ Plaza, 6:00pm	6	7	8 14th Annual George town to Idaho Springs Half Marathon-9:00am (303) 741-3587	Bike for the Health of It! 25 mile - Short - \$12.00 110 mile - 2 days (Sat & Sun) \$20.00 - entry fee for long Contributions Required Proceeds benefit University Hospital 1-813-2658/1-246-1646 Etc.
9 Big J Enterprises Duathlon Championship 3 mile R / 18 mile B / 3 mile R 8:00am - Tri Fed Membership \$1M / Indiv. \$28 / Team Barry Field 1-263-0565	10	11 Striders Meeting @ David Sneesby's 988-7410 2004 Hopi Road 7:00 pm - potluck 8:00 pm - meeting	12 Diana Hindis BD	13 Full Moon ☾	14 Jim Fisher (D) →	15 Roadrunner Triathlon 5K R / 18 mile B / 400 M swim White Sands Missile Range Mardy Clark 1-678-5949 Leadville Trail 100 mile 4:00am - Leadville, CO Merilee O'Neil (719) 486-3502	18th Annual Los Alamos Triathlon 20 mile bike / 3 mile run / 300 yard swim 662-8026 / 662-8170 swim Summer Fun Run: 20k, 5k, 1 mile Las Cruces 1-524-7824	
16 Jim Westmark's BD Manuelito's Relay 16 mile Ted Winston 425-7717		17	18	19	20	21	22 Tenth Annual Zuni Fitness Series 8:00am 25 mile Relay - 5 people 5 mile Youth Relay 5 people 6 mile Relay - 3 people Zuni Wellness Center 1-782-2665	Pikes Peak Ascent 13.4 miles 7:00 am Manitou Springs, CO (719) 473-2625 Stay up there until tomorrow!
23 Pikes Peak Marathon Manitou Springs, CO (719) 473-2625 Come down from yesterday's ascent!	Fat Tire Classic Jeff Ferguson 1-842-6767 Shaping Up for Success 5K, 10K, 1 mile Rose Madine 1-841-4203	24	25	26	27	28	29 Rocky Mt. Century 100 mile / 50 mile Team Evergreen Bike Club (303) 674-6048, CO \$21 - member \$26 - non-member	
30 Hell of the East bike ride Danny Hernandez 1-255-5981 (Ride to Sandia Crest on Back Side!)	Miner Triathlon 4 mile R / 18 mile B / 300 M swim El Paso Mike Mahoney (915) 747-5128				Junez Half Marathon, 5K, 1 mile Steve Crachupin 834-7768			

August '92 Issue



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