



April/May 2002

Vol. 6, No. 2

S O C O R R O Striders and Riders

Rocky Point Triathlon

On April 13th, Steven and Michael Montoya, Christian Krueger, Terry Moore, and Laura Wilcox travelled to Puerto Penasco, Mexico for the 7th annual Rocky Point Triathlon. Puerto Penasco is located on the northeastern shore of the Sea of Cortez and is approximately a 750-mile drive from Socorro.

The race consisted of a 1500-meter swim, 40-km bike, and a 10-km run. The swim portion was relatively calm and warm and pretty much uneventful. As soon as you are finished with the swim you are greeted with an 800m run to the transition area. The bike leads athletes out of town on a hot and windy out and back style course into the Sonoran Desert. The run course takes place in and around the town of Puerto Penasco and is hilly with one very large off-road climb in the third mile.

Socorro Striders and Riders fared well with Terry Moore placing first in the women's 20-24 age group and 5th overall for the woman's race. Laura Wilcox placed third in the same age group and 10th overall female. Leading the men was Michael Montoya with 8th overall and 3rd in the 30-34 age group. Christian Krueger



Steven, Laura, and Christian celebrate

and Steven Montoya did not have a podium finish but raced very strong and still enjoyed the endless supply of free Tecate to celebrate at the finish line. Unfortunately the pictures from the night at the Disco are too incriminating for publication.

We would like to thank New Mexico Tech Gymnasium for their assistance in transportation to the race and congratulate the UNM woman's team who placed first in the collegiate division!

- Laura Wilcox and Steven Montoya

Next Meetings:

Tuesday 7 May 2002 7:00 pm,
Alvarez Residence (911
Belmont St.)

Tuesday 7 June 2002 7:00 pm,
Socorro Springs Brewing
Company

San Marcial ITT (May 11th)

Relay For Life (May 31st-
June 1st)

Event Coverage

Truth or Dare Road Races
Wind Duathlon
MVTC Triathlon
Hillsboro Road Race
Rocky Point Triathlon
Boston Marathon

Complete Race Calendar

Visit SS&R on the Web at
www.sdc.org/ssr/

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SS&R Club Officers and Contacts

- President: Matt Perini, 838-1610, matt@pmc-inc.com
- Vice President: Liz Alvarez, 838-4721, calvarez@nmt.edu
- Secretary/Treasurer: Cathy Perini, 838-1610, cathy@sdc.org
- Newsletter: Matt Perini, but we could do better...

San Marcial Time Trials

The race preparations are going according to plan and we expect 70-100 riders on Saturday, May 11th. Mike Dennis is finalizing the prize list, and we're already receiving entry forms in the mail. Being one of the few NM races with a prize list this season due to new American Cycling Association sanctioning requirements, we may have an unusually large turnout. Volunteer assignments are being made at this time, and if you've volunteered to work at this race, you'll be receiving a call soon. If you haven't volunteered, please reconsider; all proceeds from the race go to the SSR contribution to the Relay For Life, an American Cancer Society fundraiser (See "Relay For Life").

The San Marcial Time Trial, with both 20K and 40K races, is part of the New Mexico Road Series, a series of road cycling races starting in March and ending in October. The race flyer can be found on the SSR website, www.sdc.org/ssr/timetrial; see the newsletter calendar for more NMRS races.



SSR will be scheduling a clean-up of its adopted section of Hwy 60 on Sedillo Hill (miles 129-131) in May

Socorro Triathlon Changes

With August coming up quickly, some changes have been made to the Socorro Triathlon. Firstly, we're looking for a theme to tie-in with the August-September chile harvest and have renamed the triathlon the Socorro "Chile Harvest" Triathlon. It's time we give a little recognition to the farmers who grow the food that so many of us love. Of course, the awards and gifts will reflect the new theme of the event.

Secondly, we received an offer from Sid Steinweg of CSB Services, a timing service from Colorado Springs, to provide Champion Chip timing for the triathlon. The price is normally \$1500, but they'll do it for \$500 plus expenses since Liz, Sid's wife, lived in Socorro for a time in the 1960's. The hitch is that the triathlon cannot end with the swim leg, as it always has. The members present at the April meeting voted to accept the offer from CSB Services, and to change the triathlon to a more-traditional swim/bike/run format. The swim, still 400 meters, will now have a seeded time-trial start. All racers will submit an estimated 400-meter swim time, and they will be sorted in ascending order of time for the start. In that way, the fastest swimmers will start first. The next swimmer will go either 10, or 15, seconds later, and so on, until all swimmers have started.

This new starting method is compatible with CSB's equipment, and they will be able to provide times at 5 locations: in-T1, out-T1, in-T2, out-T2, and finish. SSR will be responsible for registration, starting the swimmers, maintaining start times, and also for providing backup times in case of equipment failure.

Also, as voted upon in a meeting earlier this year, the Socorro Chile Harvest Triathlon will again not be a USAT-sanctioned event. In the opinion of the race director (the author of this article), USAT does not provide a reasonable service for events such as this, where most participants are not USAT members, and who would have to buy \$7 one-day USAT memberships to compete. Also, the race director has not had complaints about the race not being sanctioned.



Relay For Life

Every year, the Socorro chapter of the American Cancer Society hosts an event called "Relay For Life" at Clarke Field. The Relay is not a race, but it is an effort to keep at least one team member walking (or running) around the track throughout the duration of the event, emphasizing the theme "Cancer Never Sleeps." The Relay is primarily a fundraiser for the ACS, and a large portion of the funds raised are used to provide support services for local cancer victims.

Socorro Striders And Riders was a team at the 2001 Relay, and did well, raising the third highest amount of about 15 teams. Congratulations for that accomplishment should go to 2001 team captain Cathy Plummer for her hard work in rounding up individual donations. This year, SSR will team with Trex Enterprises for the Relay, and so our team captains are Fred Yarger (of SSR and formerly of Trex), and Camille Scielzi (of Trex). You may have met Camille or her husband, Mark Bottjer, at one of the SSR races where they have volunteered.

The first fundraiser was a bake sale at the flea market a few weeks ago, organized by Camille. The next will be a combination yard/bake sale at the Schaffer residence, 1211 Apache Drive, on April 27th. Kim Schaffer is accepting donations for the sale; she can be contacted at 835-2364. The next fundraiser is the San Marcial Time Trial, on May 11th. Camille is also planning on a Mother's Day fundraiser, but details are forthcoming. At any time, individual cash donations are also accepted. Team members are selling memorial luminarias that will be lit at the Relay, as well as "moon" and "star" icons for hanging in windows.

The ACS is asking Relay teams to submit team rosters by May 1st. If you like to be a part of this worthwhile event, please contact one of our team captains, or come to the yard sale on the 27th. The cost to sign up is \$10.

Southwest Challenge Series

This year's Southwest Challenge Series, one of the longest-running triathlon series in the US, has expanded to 28 races. Several new races debut this year: the Ransom Canyon Triathlon, on May 26th in Ransom Canyon, Texas (Lubbock); the Odessa Tumbleweed Triathlon, on June 23rd in Odessa, Texas; and the SPC Cotton Country Sprint Triathlon, on September 21 in Levelland, Texas. At least one race, the Bottomless Duathlon, has been dropped.

In the reasoning of the series organizers, increasing the number of races in the schedule implies that the series championship requirements should be changed. This year, in order to qualify for the series championship, you must finish at least 10 races. Bonus points are awarded for additional races, and also for participation at the Buffalo Springs Lake and Las Vegas triathlons.

However, many series participants have complained about the increase in the number of races required. In the not-so-

distant past, only eight races were required and participants complained that the series was mainly an "attendance contest," where the best athletes were not necessarily able to complete the requirement. Concerns have also been voiced about how, with so many races on the schedule, it is less likely that you'll be competing against a strong field at any single race.

Meeting Minutes

The meeting minutes for the March and April meetings are posted on the club web site at www.sdc.org/ssr

Member Discounts

SSR Members receive discounts at several area businesses. Support those businesses that support our club.

- 10% discount at **Athlete's Edge**, 7120 Wyoming NE, Albuquerque.
- 10% discount at **Fleet Feet Sports** Hoffmantown Shopping Center, 8238 Menaul Blvd. NE, Albuquerque.
- 10% discount at **Cycle Cave**, 5716 Menaul Blvd. NE, Albuquerque.
- 10% discount on Running Shoes at **Brownbilt's** in Socorro.
- 25% off retail price on group orders at **DeSoto Sport Company USA**. Contact Cathy Perini (cathy@sdcc.org).

Welcome New Members

Addy Bhasker

Travis Rector

Kate Padilla



**Club members enjoy a 10% discount at
Fleet Feet**

Event Calendar

Although the Newsletter makes every attempt to insure the accuracy of this schedule, please confirm events before attending.

SS&R Club Events

Each Mon, Tue, Wed, Thu - Informal Group Training Ride (NRAO Guest House or IRIS parking lot, ~11:30 am or Noon, Road or MTB); Matt Perini 838-1610.

Each Sun SS&R Group Run (NM Tech Pool, 8:00 am); groups at all paces, 3-20 miles; Matt Perini 838-1610.

Running

See Also: www.aoadrun.org/Event_Cal/Event_Cal.htm

- 21 Apr **Albuquerque Finest Half** (Abq NM) r 13.1 mil; On the Run Promotions, Charles Otero (505) 345-4274.
- 27 Apr **Osteoporosis & Arthritis Stroll and Roll** (Abq, NM) 10K, 5K run and walk, (505) 256-3625.
- 4 May **Race for the Zoo** (Roswell, NM) 10K run and 2 mi walk, (505) 627-5507
- 4 May **The Arthritis Walk** (Abq, NM) 1 mi walk, 5K run, (505) 833-2997, www.arthritis.com
- 4 May **Shiprock Marathon** (Shiprock, NM) 26.2, relay, 13.1 and walk, (505) 368-3523, cabates@shiprock.ncc.cc.nm.us
- 5 May **Run For the Zoo** (Abq NM) r 5k, r 10k, w 5k; (505) 764-6280. www.run4zoo.org
- 11 May **Bandelier Races** (White Rock, NM) 26.2mi, 50mi, and relays, internet.cybermesa.com/~kernkt/bandv.htm
- 19 May **Run to the World's Largest Tram** (Abq, NM) 15K, (505) 345-4274, www.newmexicomarathon.com
- 25 May **Fort Bayard Wilderness Run** (Silver City NM) r 2 mil; r 8 mil; w 5k; Joe Becker (505) 538 2740; jbecker@zianet.com; www.zianet.com/ftbavardrun
- 25 May **Legendary Mountain** (Angel Fire, NM) 5K (505) 377-6863, sutton@afweb.com
- 26 May **Route 66 Run, Rally & Rock** (Edgewood, NM) (505) 286-5655.
- 27 May **KAFB Memorial Day Run** (Abq, NM) (505) 256-3625, www.tgrande.com
- 27 May **Bolder Boulder** (Boulder, CO) 10K, www.bolderboulder.com
- 1 Jun **Santa Fe Run-Around** (Santa Fe, NM) 5K, 10K, kids, (505) 438-4463, www.davlight.com/~ji/striders
- 2 Jun **Taos Marathon** (Taos, NM) 26.2, 13.1, 5K, walk, (505) 776-1860, www.emanuelli.com/taosmarathon
- 8 Jun **Heritage 10K** (Quemado, NM) 10K, (505)773-4897, 10krun@fasterhorses.com
- 15 Jun **Run The Mesa 10K** (Alto, NM) 10K, www.active.com
- 23 Jun **Butterfly Run** (Pojoaque, NM) 10K, 5K, 1mi, (505) 256-3625, www.tgrande.com
- 29 Jun **Los Alamos High Altitude Mini Marathons** (Los Alamos, NM) internet.cybermesa.com/~kernkt/HAAC.htm
- 30 Jun **RRCA Women's Distance Festival** (Abq, NM) 5K, (505) 294-7545, www.aoadrun.org

Multisport

See also: www.transitiontimes.com/newmexico

- 12 May **Sunturians Snakebite Classic Duathlon** (El Paso TX), r 5 km, b 30 km, r 5 km, USAT SWC. Bobby Gonzales (915) 581-0934.
- 19 May **Jay Benson Triathlon** (Abq NM), r 3 mil, b 12 mil, s 400 m, USAT SWC, Barry Field (505) 262-0565.
- 26 May **Ransom Canyon Triathlon** (Ransom Canyon, TX) s 500m, b 30k, r 5k, martigreer@nts-online.net
- 1 Jun **Milkman Triathlon** (Dexter NM), s 500 m, b 20 km, r 5 km, SWC, USAT. Larry Marshall (505) 734-5415.
- 8 Jun **Frances Stevens Triathlon** (WSMR NM), r 5 km, b 30 km, s 400 m, SWC. (505) 678-3374
- 23 Jun **Odessa Tumbleweed Triathlon** (Odessa, TX) s 500m, b 20k, r 5k, (915) 362-4301

- 24 Jun **Buffalo Springs Lake Triathlon** (Lubbock TX), s 1.2 mil, b 56 mil, r 13.1 mil, SWC, USAT, www.buffalospingslaketriathlon.com
- 24 Jun **Tri-Raider Sprint Triathlon** (Lubbock TX), s 750 m, b 20 km, r 5 km SWC, USAT, www.buffalospingslaketriathlon.com

Cycling

New Mexico Cycling: www.swcp.com/nmcycling/
Arizona Cycling: www.azcycling.com/

Tuesdays, 16 Apr – 16 Jul

- Tuesday Night Crit** (Albuquerque, NM) Bill McLain, (505) 266-5927.
- 27 Apr **Galisteo Spring Classic** (Galisteo, NM) RR, TJ Miller, (505) 992-0419.
- 27-28 Apr **Juarez Stage Race** (Juarez, Mexico) RR, Jaime Gandara, (915) 544-6273.
- 28 Apr **Gila Monster Tour** (Silver City, NM), Jamie Thompson, (505) 388-0995.
- 1-5 May **Tour of the Gila** (Silver City NM) USCF stage race. TourOfTheGila.com.
- 4 May **Billy the Kid Cup** (Ruidoso, NM) MTB, Matt Willet, (505) 682-2769, highaltitude@hauns.com
- 5 May **Cinco de Mayo Criterium** (El Paso, TX), Jaime Gandara, (915) 544-6277, jaim_gandara@msn.com
- 11 May **San Marcial ITT** (San Marcial, NM) 40 km ITT, ACA, Socorro Striders and Riders, Matt Perini (505) 838-1610, matt@pmc-inc.com, www.sdc.org/~ssr
- 12 May **NM High/Middle School State MTB Championships**, Steven Knight-Williamson, (505) 265-2782, activeknow@aol.com
- 18-19 May **High Altitude Classic** (Cloudcroft NM) MTB stage race, www.highaltitude.org/
- 25 May **Iron Horse Classic** (Durango CO) 50 miles USCF RR, www.ironhorsebicycleclassic.com/
- 25-26 May **Iron Horse Classic** (Durango CO) MTB, www.ironhorsebicycleclassic.com/
- 27 May **Sandia Peak Challenge #1** (Sandia Peak, NM) (505) 856-6419, www.sandiapeak.com/biking.html
- 2 Jun **Sandia Crest Road Race** (Abq NM) ACA RR. NM Velosport, (505) 266-5927 www.nmvelo.com.
- 8-9 Jun **Guaje Grind** (Los Alamos NM) MTB stage race, Ken Kisiel, (505) 661-4179.
- 15 Jun **NM State RR Championship** (Laguna NM) ACA RR, Keven Berger (505) 292-4712, www.swcp.com/nmcycling/flyers/StateRR.pdf
- 16 Jun **NM State Criterium Championship** (Abq NM) ACA Crit, Keven Berger (505) 292-4712, www.swcp.com/nmcycling/flyers/StateRR.pdf
- 22-23 Jun **Tour of the Sacramentos** (Ruidoso, NM) Road stage race, Wendell Lane, (505) 682-2303.
- 22-23 Jun **Full Moon in June** (El Paso, TX) 12-hour MTB race, Crazy Cat Cyclery, 915-577-9666.
- 17 Jun **NM State ITT Championship** (Moriarty NM) ACA ITT, Bill McLain (505) 266-5927.
- 30 Jun **TP to TA Classic** (Tres Piedras NM) ACA RR, Cliff Loucks (505) 255-9444, www.swcp.com/nmcycling/flyers/TPtoTA.pdf

Cycling (Touring)

- 4 May **Tour of Death** (Veguita, NM) 87 mi, Miguel Esquibel, (505) 864-0745, edwin-kathy@msn.com
- 19 May **Santa Fe Century** (Santa Fe NM) b 25, 50, 75 or 100 miles, www.santafecentury.com/
- 25 May **Iron Horse Classic** (Durango CO) b 50 miles, www.ironhorsebicycleclassic.com/

Race Results

Truth Or Dare Road Races

March 23, 24

March 23 and 24 saw big bike racing in the TorC area. The weekend was characterized by tough winds, tough climbs, and tough people. Two hundred people raced both days. Many were from West Texas (no hills), Arizona, El Paso, and all over our state.

The Saturday race was to be Steven Montoya's and Marcus Catano's inauguration. A quirk in the rules made them do their first race in the B wave. From Mitchell Point down to San Marcial and back. You know what the hills are like. I felt like Steven was being thrown to the wolves. The wolf turned out to be Steven. He was at the front of the pack over Nogal and Tiffany Canyon, with 35 mpg cross winds. Alas, he and Marcus ran out of fuel near the end, and had to do the lonesome solo shuffle home. There are some Italian and Spanish scouts out there wanting to check these guys out. Will they live in Barcelona, Genoa, or Florence? Who gets to make that choice?

The D race started with a combined pack of about 40; of these, 15 were highly competitive. That's how many got away heading towards Nogal Hill. Dennis was about half way down this pack at the top of the hill leading to the turnaround. We quickly congealed into a chase cadre of 4 people. One more steep hill – we lost one, but so did the now two people that had not been absorbed by us. Several juniors had done a final sprint on the first hill, and were “blown” by the time we worked by them on the second hill. Side winds are unforgiving of small breakaway groups. With 10 kilos to go, we could see the one leader, and it looked good for our small hard-working chase pack to catch him. When we would catch him, we knew he would be spent. A few miles to go and the leader hit the deck hard. He had taken his hand off the bars to get Gatorade and got tangled up in the wind. It was a hands-on day.

Dennis lead out the sprint, what choice did he have? And Dennis got third place.

Day two saw some serious climbing. There were tough, slow grinds out of Cuchillo for two miles each way; then the real work started as we inched our way up a pass west of Cuchillo. There was a cold headwind of over 35 mph into our faces going out.

A combined “D” pack of 45 people broke up going into Cuchillo. At the front were about 5 fast 18-year old juniors. They were going all-out on the mountain pass. Perhaps they figured that as soon as they turned around the race was automatically won. Or perhaps they were not working together due to team tactics. Be that as it may, in sight of the leaders, except for one rider who probably got himself moved up to C or B status for his work, was a highly motivated circle of 6 riders who were uncomplainingly taking turns fighting the brutal headwind. Inch by inch – and we could have looked down and see the road go by one inch at a

time – we struggled our way to the leaders. We caught several and instantly dropped them. Before the turnaround on the pass, we were even catching the back of the C pack.

Around we go! Five of us now were moving at very high speed towards our last challenge, the two-mile climb back out of Cuchillo. We lost two of our own, and caught one very, very tired leader.

It was 10K to the line. I was spinning out a 13 on the fastest downhills, but my companions waited for me – I guess because I had worked so hard at the front going out. But you can't catch a determined solo rider on a mission to win with a tailwind and a downhill! Dennis got 4th.

Ultimately, the weekend was often carried by riders that were willing to work in a tight fast circle into a wind. Sacrificing of themselves for the good of the cadre, and in the end, helping themselves as well. The front person went “red” fighting the wind for a minute, fell to the back of the circle after being in the gutter, and with his last bit of energy caught the last wheel and tried to catch his breath and avoid crossing the center line of the road – usually a millimeter away. The two people in the middle were just trying to not hit shoulders. It's REAL LIFE! Ciao.

- Mike Dennis



Neither rain, nor snow...Eric Pearce outfits his bike for winter riding in Boston.

Wind Duathlon

March 23

The Wind Duathlon is the first 5k run 30k bike 5k run race of the season and participants usually have to deal with the notorious west winds at White Sands Missile Range. However, this year this race was misnamed with light and variable winds. During the first run the wind was calm and for the bike leg, it seemed that there was a tail wind in almost all directions. The second run was difficult for us people who have been lazing doing our brick workouts but luckily it was the shorter 5k out-and-back run and not the long loop.

Overall winners of the race were Alberto Lugo with a time of 1:21:15 and Gabriel Hnilkova with a time of 1:33:10. Participation was light this year. Cathy and Matt Perini were the only SSR participants this year and had a bit of a “duel” throughout the race. Cathy got the early lead in the first run only to be passed by Matt on the bike leg. Matt left the second transition area with a slight lead. Cathy followed closely until the last ¼ mile where she overtook him and was able to hold him off until the finish. Cathy was second in the 40-45 age group with a time of 1:48:44, and Matt was 4th in the Clydesdale division with a time of 1:49:08. Although neither won, both were happy with their performances and really enjoyed the bike ride!

- Cathy Perini

MVTC Triathlon

April 7

The MVTC triathlon on April 7th in Las Cruces was the first triathlon of the year and was well attended. Although held in the southern part of the state, the weather was cool and over cast with a blustery north wind. The wind was first felt on the return leg of the fast 5k run and was much more noticeable on the return leg of the bike. Sandy Nolen and Cathy Perini were both glad to have their arms covered because the temperatures were not warming as they usually would at this race. The bike was increased to 25k because construction on the outdoor pool moved the swim indoors into the much smaller pool and shortened to 300 yards. The strong swimmers in the race lamented the fact that the swim was short but were as we poorer swimmers were thankful for a short swim to start the season.

SSR had a good turnout and overall success at this race. Terry Moore, racing in the 20-24 age group, was first overall female with a time of 1:10:50. Matt Perini was 1st in the under-40 Clydesdale division with a time of 1:18:02. EP Higgs was third in the under-40 Clydesdale division with a time of 1:24:03. Sandy Nolen was first in the 40-45 age group with a time of 1:18:15. Cathy Perini was 2nd in the 35-39 age group, with a time of 1:21:22, thanks to the shortened swim! Mike Montoya also competed, but his official placing is delayed due to a protest. Mike finished in 1:02:04. Official results have not yet been posted.

- Cathy Perini

Hillsboro Road Race

April 7

This was the third of the TorC Spring Classics. Like the first two, it was characterized by cold temperatures, high winds, shoulder to shoulder climbing up steep passes, and in this case, a shut down of the top of Emory Pass due to severe and dangerous weather. Another thing these spring classics had in common was the DNF ratio; there are the numbers from just the Cuchillo race: They are typical –

A cat: 55 started, 26 finished.

B cat: 41 started, 15 finished!

C cat: 47 started, 17 finished!

D cat: The survival rate was slightly better here.

About 6 people were left in the D race from Caballo to Hillsboro and back as we started the touch pass into Hillsboro. Three juniors went off the front in an apparent kamikaze attack. Four of us older diesels were trying mightily to climb up to them; we couldn't.

It was a fast 180 in Hillsboro then straight back up the pass. “Natural Selection” did it's work on the climb, just as it had on the other side of the pass; two in our group fell off. Also, we blew right by two of the “suicide mission” juniors. They had glazed looks in their eyes, and I think they wanted to climb in a warm car. That left myself and one lady to chase down a remaining lady from Cruces and a junior. They were not together, we thought we could catch the lady. It didn't happen, even with our team work, they both pulled away. They were just good. I took 4th in the sprint. Having a Basque climber's build isn't so good for the final 300m. That leaves me in 1st place for the 55+ men's age category in New Mexico. Over 12 started the D race.

Next up – a stage race in El Paso with a lung scorching hill in the kermese.

- Mike Dennis



The Socorro City Pool will reopen Memorial Day

Boston Marathon Report

by Cathy Pearce

I did the Boston Marathon on Monday (April 15th). I did OK, I was 75th woman in 3:04:38. I was hoping to run under 3:00, but came down with a nasty cold the week before and just decided to run it for fun. And it was fun, there are crowds lining the course the whole way, but it probably isn't the best marathon to try to run a fast time on anyway. The course itself isn't that hard, in fact it is mostly downhill. However, the race doesn't start until noon and they want all the runners up at the start at 9:00 AM, so you still have to get up early and get out there and hang out for a while. Our team rented a van and drove from a team member's house in Woburn. It really helped having the van to hang out in instead of just being outside that whole time, which is what we would have had to do if we took the school busses from Boston. They don't let individual cars drive out there, so we had to pay for a special bus pass to park our van out there. Many of the clubs around here do that and some of the bigger clubs charter huge buses to hang out at the start. We also rented a hotel at the finish, so we would have a place to shower and hang out after the race, but it was very expensive, \$259. We all chipped in for half of it and the club paid for half of it, but still a very expensive shower. I guess it was worth it though, since we still had a long ride home on the subway and then from the subway station, driving home. Eric and the kids met me at the 17 mile mark, which is just at the base of the Newton Hills and heart break hill and then he got on the subway and met me at 25 miles and the finish. We really lucked out with the weather as the forecast the day before was calling for temps in the 80's. The night before it rained and the fog and cooler weather hung around until the noon start time, so it was about 56 at the start and around the 60's at the finish for me, but it did clear up and was probably warmer for the later finishers. On a sadder note, there was a 28 year old woman who died yesterday after collapsing at 25 miles. She was part of the Leukemia team in training and was running for a cancer patient, she apparently died of dehydration, but they aren't saying for sure. Her actual cause of death is still unknown.

Boston is definitely a great experience and the tradition surrounding it makes it fun. This was the 106th running of Boston and it is the same course they ran way back then. It is really, really big around here. When you tell someone you're a runner, the first thing they ask is, "Did you do Boston?" and now I can say, "Yes, I did Boston!"

Defined Fitness Duathlon

- and -

Albuquerque's Finest Half Marathon

- and -

National Collegiate Triathlon Championship

- and -

Gila Anesthesia Stage Race

These races were happening at the printing time for this newsletter. Results will be printed in the next issue. My apologies to the SSR members who competed in these events.



Mike and Debbie Dennis prepare for a Hwy 1 training ride

**ATHLETE'S
EDGE**

Club members enjoy a 10% discount at
Athlete's Edge

Socorro Striders and Riders

Membership Application

NAME: _____ AGE: _____
ADDRESS: _____ SEX: _____
PHONE: _____
E-MAIL: _____
MAIN ATHLETIC INTEREST: _____
LIST FAMILY CLUB MEMBERS: _____

MEMBERSHIP DUES
(CHECK APPLICABLE RATE):

- \$ 5.00—Full-time student
- \$10.00—Individual
- \$15.00—Family

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete a run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Striders and Riders, and all sponsors, their representatives and successors, from all claims or liabilities of any kind ensuing out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this or any event for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller blades, animals, and radio or tape headsets are not allowed in any footrace, and I will abide by this guideline. Of the above annual dues, \$1.25 of this amount is for a subscription to the RRCA's quarterly magazine *Footnotes* for one year.

Signature (Parent or Guardian must sign for minor children): _____ **Date:** _____

Check here if you *do not wish* to be included in *The Socorro Striders and Riders* Directory:

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