



June/July 2002

Vol. 6, No. 3

S O C O R R O Striders and Riders

San Marcial Time Trials

Next Meetings:

Tuesday 2 July 7:00 pm, Socorro
Springs Brewing
Company

Tuesday 6 August 7:00 pm,
Socorro Springs Brewing
Company

Socorro Chile Harvest
Triathlon

Socorro Fat Tire Fiesta

Event Coverage

San Marcial Time Trial
Relay For Life
Defined Fitness Duathlon
California Half-Ironman
Milkman Triathlon
Gila Anesthesia Stage Race
Snakebite Duathlon

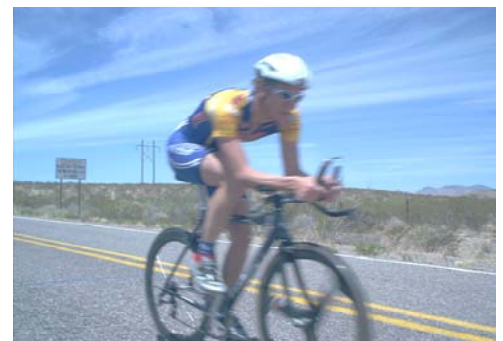
Complete Race Calendar

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

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On May 11, 2002 a total of 57 bicyclists participated in the second annual San Marcial Time Trials, a bike race hosted by the Socorro Striders And Riders athletic club on NM Hwy 1 near San Marcial. The race also functions as a fundraiser for the May 31st American Cancer Society's Relay For Life. Time trials start each rider separately with a delay between each rider so that each rider is racing against the clock and does not know how the other riders are performing. The riders, competing for \$500 in cash and prizes, could choose between two different distances and several categories based on age and ability. The longer race, 40 kilometers (24.8 miles) was won by Ryan Blickem of Albuquerque with a time of 53 minutes and 55 seconds, an average speed of 27.6 mph. No women competed in the 40k race. The fastest male in the 20 kilometer (12.4 mile) race was 59-year old Phil Shew of Albuquerque (an SSR member) with a time of 30 minutes 9 seconds. The fastest female in the 20 kilometer race was Paula Higgins, also of Albuquerque, with a time of 32 minutes and 48 seconds. SSR members Steven Montoya and Mike Dennis completed the 20K in 34:03 and 35:56, respectively.

Socorro Striders and Riders would like to thank all of our sponsors for the support. Without their help this race would not have been a success. These sponsors are: Holiday Inn Express, Bike Coop, Caring Dental, Gambles, Gene's Flowers, Martha's Black Dog Café, Sierra Blanca Brewery, Supermart, and the Water And Ice Store.



An unidentified KHS team member crosses the finish line at the San Marcial Time Trial.

Contrasting with the low rider turnout due to graduation date conflicts, it seems like most of SSR showed up to volunteer for the race. Many thanks go to all those who spent a good deal of their Saturday free time; without you our race events would not be possible. Special thanks go to Mike Dennis and Jim Shepherd who did a lot of the organizational work and sponsor recruitment. The proceeds from this event went to the American Cancer Society; in total, SSR donated \$500 to the ACS's Relay For Life.

SSR 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...

SSR Raises \$2K For Cancer Research

The American Cancer Society's Relay For Life event in Socorro was held from 6PM on May 31st to 12 Noon on June 1st. A total of 273 individuals on fifteen teams took part in the event and raised a total of \$22,142.38. The combination SSR/Trex team raised \$2,163.72, \$280.78 from the yard sale on April 27th, \$500 from the San Marcial bike races, and the rest in individual donations.



Yard sale volunteers Jan, Cathy, Liz, and Kim regroup during a lull in business

Sunday Run Time Changes

At the June meeting runners Kim Schaffer and Bill Brundage noted that it's getting pretty hot by 9AM, so they suggested the Sunday social run be moved to 7AM from its normal 8AM start. The Sunday run is a good place to meet the other SSR members, however, the summer heat and other events can make the attendance spotty. On the other hand, Bill's a reliable regular.

Socorro Chile Harvest Triathlon Committee Readies For August 10th

Race committee positions are being filled, entries are coming in, and plans are being made - it's almost time for the Socorro Chile Harvest Triathlon. This year's race will be on August 10th, starting at 9AM at the Socorro City Pool. The race will have a new format; 400m swim, 20K bike, then a 5K run. The swim will be a seeded, time-trial start, that is, every swimmer will submit the time they think it will take them to complete a 400 meter swim. The faster swimmer will start first, followed by the next fastest 15 seconds later, and so on.

One change since the last SSR newsletter is that, for insurance purposes, USA Triathlon, the national governing body for triathlon and duathlon, is now sanctioning the race. The former insurer for the triathlon will no longer cover event liability, however, USAT still offers a liability policy. This means that the original registration forms are incorrect; non-USAT members must pay an additional 1-day membership fee of \$7 to race. The USAT sanction also applies to the youth event, however the \$3 one-day fee for kids will be picked up by SSR using the funds originally committed to the original insurance package.

SSR Adopts Socorro Fat Tire Fiesta

SSR will be adding the Socorro Fat Tire Fiesta to its list of events this year. Relay for Life co-captain Camille Scielzi, and her husband, Mark Bottjer, have offered to provide the principal organizing effort for the FTF, succeeding the 2001 coordinator, SSR VP Liz Alvarez. It is their intent to offer rides with a wider range of difficulty, and to eventually make the FTF more of a community event. This year's FTF will be held on September 21st and 22nd, including the Quebradas MTB races on the 21st. Other than the race, tours on Saturday morning will be easy to moderate rides near the Escondida Lake park. Four tours are planned for Sunday, ranging from the easy Bosque del Apache ride to an epic, whole-day ride near the San Mateo mountains. One exciting addition for this year's FTF is a ride from Socorro to Strawberry Peak on Sunday.



Club members enjoy a 10% discount at Fleet Feet

Random Thoughts

Injuries seem to be taking their toll on SSR athletes this year. Robert Abernathy is just recovering from a hip injury, Christian Krueger has a hip/back problem, E.P. Higgs had shoulder surgery, and I've got a lingering sinus infection and a mystery back injury. Hope I haven't missed anybody. As for myself, I'm loading up on decongestant, antihistamines, and antibiotics for a while to see if I can get rid of the infection. The back injury is a long-term thing, about 20 years now, but unless this latest round of physical therapy can clear up my twisted spine, I'm told I'll have to go under the knife.

Not a nice thought, considering that this year was supposed to be a good year for my athletic endeavors. Instead, I've been told not to run, and so I've substituted officiating for racing. Not quite the same, but at least I'm still involved with triathlons, and I don't have to sit idly while Cathy races.

That job took us to the inaugural Ironman Utah on June 8th, following our week at Lake Powell with Cathy's family. Cathy had volunteered to work in the swim-to-bike change tent, and I was going to be riding on the back of a motorcycle, enforcing the cycling position rules. If you haven't heard this story, read on. The 2002 Ironman Utah will become a legend.

The early morning forecast predicted that a cold front would move in at around noon, but the winds were already starting by 6AM. The announcer began instructing the swimmers to go to the swim start and get in Utah Lake at about the time winds really started to pick up, but no one realized that the front was moving in early, and it was only going to get worse. (This is the same storm that dumped 2 feet of snow in Montana.) I decided to walk to the swim start at about 6:50 for the 7AM start time, and before I got there, I realized that they were already swimming. It was already hard to see the swimmers at that point; the wind was really kicking up the waves and spray was in the air. The course marker buoys were being blown away, and at least one was being towed back to its position by a volunteer boat. The start is on the east side of the lake, the winds were blowing at 45+ mph from the west, and the lake is shallow, so the waves were getting huge. It seems that the noise and confusion in the lake led to a false start, and the actual start was estimated to be at 6:53.

When I got close to the end of the jetty from which the swimmers started, I couldn't believe my eyes. Large waves were crashing against the rocks, and several swimmers were refusing to get into the water. Others were trying to get back onto land. The race announcer was already saying that there would be a bike/run duathlon after the last swimmer finished; however, minutes later an unconscious swimmer was being pulled from the water, and around that time they cancelled the swim entirely. Now they had to rescue 1500 swimmers in what were already very scary conditions.

Even the better swimmers had a hard time. Boats were picking up swimmers all over the place; the eventual winner,

Tony DeBoom, says he went off course by about 2 miles before he hit land again. Mark Balsiger of El Paso says that in the bottom of the waves he couldn't see anything but brown water, and at the tops he couldn't see land for all the spray and dust. The wave height was estimated to be 4-6 feet. Swim navigation had to be done using only the sun as a reference point. There are some incredible stories on the internet about the swim at IM Utah, much more than can fit here, but be sure that there were more than a few heroes among the volunteers and swimmers that day.

At 9:30AM, all but three swimmers had been found (eventually, all were located), and an athlete meeting was held in the transition area. The race organizers had decided to restart the race at 10AM, and shorten the bike and run legs of the Ironman to be able to hold their time commitments. Restarting on Sunday was not possible; this was Provo, race host BYU clears the campus, and not enough of the 3000 volunteers would be found. So a lot of disappointed, tired, and shocked triathletes got ready to do a half-Ironman length duathlon when they were mentally prepared to do an Ironman. Eventually 1400 finished the race; every one has my admiration.

The swimmer pulled from the water was John Boland of California. He died of drowning at some point early in the race. No one knows what happened; perhaps he got knocked unconscious in the mass start or perhaps he just got swept under. Perhaps the starter should have thought about calling the race before the start. If they had seen a squall line coming, they should have. And if they had realized that the waves were just going to get bigger, they should have called it off. On the other hand, a riot would have ensued if they had. But hindsight is 20/20, and this one's in the history books. I kept thinking that I was so glad that Cathy wasn't out there, and that I wasn't the race director for this one.

On the other hand, officiating was a kick. Ironman rules have the officials pull riders off the road for three-minute penalties. Now I know how E.P. and Shorty feel at work, but these guys don't have guns, so far as I knew. ("I'm sorry ma'am, please don't cry, it's only three minutes.") Next, I work at the Buffalo Springs Lake Half-Ironman, and then I get my first Head Referee job at the Las Vegas (NM) Triathlon. See you guys there, actually, you should hope not!

Matt Perini



SSR Cleans Up On Sedillo Hill

Recently, Striders and Riders adopted the section of US Hwy 60 west of Socorro known as Sedillo Hill. Many riders know this area as a nice place to train for a sustained hill climb. At 5:30 PM on Wednesday, May 15th, about a dozen members drove or rode out to the hill, grabbed trash bags, and picked up the trash. There was more than expected on the leeward side of the highway, but they made progress once they began concentrating on the area immediately adjacent to the pavement. Even so, after two hours, only about ¾ of the length of the adopted section had been cleaned. It was fun, even though Matt forgot to bring water for everyone. Perhaps we can finish it up once it cools down in the late fall.

Transitions

We'll be losing a couple of members this fall; Eric and Carrie Small are moving to Boulder, where Carrie has taken a post-doc position at NCAR, and Eric has taken a position at the University of Colorado. By the way, Eric will compete at Ironman USA in Lake Placid, NY on July 28th.

Steven Montoya and Lindsey Burns will be married on June 22 in Socorro. They plan on staying in Socorro, as Steven's working on his Master's degree, and Lindsey teaches at Saracino Middle School.

Meeting Minutes

5/7/2002

1. The meeting was held at the Alvarez residence. Fred Yarger, Liz Alvarez, Marcos Alvarez, Mike Dennis, David Burleigh, Kim Schaffer, Bill Brundage, Cathy Perini, and Matt Perini. Mark Dombrowski, Camille Scielzi and Mark Bottjer were guests.
2. Matt Perini reviewed the volunteer plan for the San Marcial Time Trial. Mike Dennis brought most of the prizes, and Matt and Liz will get together later this week to devise a prize distribution.
3. Fred gave a report on the Relay For Life. The relay is May 31st-June 1st, and this'll be the last regular meeting before the event. So far we've raised about \$600.
4. The Hwy 60 trash pickup date was set to 5:30PM, May 15th.
5. Camille has volunteered her skills as a professional organizer to the Quebradas/Fat Tire Fiesta. The members support the adoption of the Fat Tire Fiesta; Marcos will handle the Quebradas race, while Mark and Camille will handle the FTF. Many ideas were discussed and a follow-up meeting was planned.
6. Matt reported that member Emerson Learn has asked whether there are other members who might welcome small "scholarships" for traveling to races, etc. A discussion followed about how to choose a recipient. The members eventually chose to have a lottery, where eligible members would enter their names, and the recipient would be chosen at a regular meeting.

Meeting Minutes

6/11/2002

1. The meeting was held at the Socorro Springs Brewing Company. Members Bill Brundage, Robert Abernathy, Kim Schaffer, and Matt Perini were in attendance. Mark Bottjer was a guest.
2. Matt reviewed the Relay For Life; \$2,163.72 was raised by the combination SSR/Trex team. A letter from the head of the Socorro relay committee, George Austin, was passed around.
3. Matt reported that the insurer for the triathlon has suddenly stopped insuring for event liability, and so, as a second choice, we will seek USA Triathlon sanctioning, which will include liability and medical coverage for athletes.
4. Mark Bottjer reported on the plans for Fat Tire Fiesta, including the article prepared for the El Defensor Chieftain's Summer Activities insert. In addition to the Quebradas race, there will be a Quebradas tour, and one or two rides from Escondida Park on Saturday, possibly a catered lunch by Coyote Moon Café, and an evening "Ghost Ride" in Socorro. Sunday's rides may consist of a Bosque del Apache ride, a Piro Indian ruin ride, a Strawberry Peak ride, and a longer ride led by Rick Aster. Marcos is contacting Rick. A discussion about the Trinity Site ride followed, finishing with the determination that the logistics of the ride itself require more time than is available during this year's FTF. Matt will contact the county to arrange the Escondida park reservation, contact the Sheriff's Office about the race, and search for insurance. Mark is working on BLM permits and a budget.
5. Kim and Bill suggested that the 8AM Sunday run is too late, and that we change the start time to 7AM. Matt said that he'd send a message out.
6. The next meetings were scheduled for the first Tuesdays in July and August at the Brew Pub.

Welcome New Members

Patrick and Catharine Roache

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@sdc.org).

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, 7:00 am); groups at all paces, 3-20 miles; Matt Perini 838-1610.

Running

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

- 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.roadrun.org
- 3 Jul Fire Cracker 5000** (Albuquerque, NM) 5K (505) 345-4274, www.active.com
- 4 Jul Jane's Freedom Run 8K** (Albuquerque, NM) 3K Run/Walk (505) 256-3625, www.tgrande.com
- 4 Jul Independence Day Run** (Las Cruces, NM) 8K/1 Mile, (505) 541-2554
- 6 Jul Alien Chase 2002** (Roswell, NM) 5K Run/Walk 10K, (505) 627-5507, www.active.com
- 13 Jul Race For The Cure** (Albuquerque, NM) 5K, 1 Mile, (505) 823-2386, www.active.com
- 13 Jul Bastille Day 8K** (Las Cruces, NM) 8K Run / Walk, (505) 524-7824
- 14 Jul Sandia Challenge 10K** (Albuquerque, NM) 10K, (505) 345-4274, www.newmexicomarathon.org
- 27 Jul Mormon Pioneer Day 5K** (Las Cruces, NM), 5K Run/Fitness Walk, (505) 527-8485
- 3 Aug Summer Fun Run** (Las Cruces, NM) 5K/10K Run/5K Walk, (505) 524-7824
- 3 Aug Hobbs August Nites Event** (Hobbs, NM) 5K Run, 2 mi Walk, 1 Mile Wheelchair (505) 392-9049
- 4 Aug La Luz Trail Run** (Albuquerque, NM), 9 Miles Trail Run, (505) 797-0791 (race is full)
- 9-10 Aug BullDawg 100 Mile Relay** (Las Cruces, NM) (505) 526-5394
- 17-18 Aug Pikes Peak Marathon** (Co. Springs, CO), 13.1 mi./26.2 mi., www.pikespeakmarathon.org
- 17-18 Aug Leadville Trail 100** (Leadville, CO), 100 miles, www.run100s.com/lt100.htm
- 18 Aug Run to Break the Silence** (Albuquerque, NM) 20K, 10K, 5K Run/Walk, (505) 891-0267, www.active.com
- 24 Aug Lexus Mile High Mile** (Albuquerque, NM) 1 Mile Run/walk, (505) 256-3625, www.tgrande.com

Multisport

See also: www.transitiontimes.com/newmexico

- 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.buffalospringslaketriathlon.com
- 24 Jun Tri-Raider Sprint Triathlon** (Lubbock TX), s 750 m, b 20 km, r 5 km SWC, USAT, www.buffalospringslaketriathlon.com
- 6 Jul Grady Williams Memorial Freedom Days Triathlon**, 1.5K swim/10K run/40K bike, <http://www.active.com>

- 13 Jul Bottomless Triathlon** (Roswell NM) 400M/14K/4K, (505) 624-5391, members.trailnet.com/oles
- 20 Jul Burn Lake Duathlon** (Las Cruces, NM) 5K Run/28 mi bike/5K Run, (505) 541-2554
- 28 Jul Las Vegas Triathlon** (Las Vegas, NM) 1.5K swim /40K bike/10K run, www.lvtriathlon.com
- 3 Aug Road Runner Triathlon** (WSMR, NM) 7K/40K/400M, (505) 678-3374
- 10 Aug Socorro Chile Harvest Triathlon** (Socorro, NM) 400m swim/20K bike/5K run (505) 838-1610, www.sdc.org/ssr/chile
- 17 Aug Los Alamos Triathlon** (Los Alamos NM) 20K/400M/5K, (505) 662-8173
- 17 Aug Tall City Triathlon** (Midland, TX) 500yd/20K/5K, (915) 682-2551
- 24 Aug Carlsbad Kiwanis Triathlon** (Carlsbad, NM) 500M/16M/5K, (505) 887-2894, (505) 885-3146
- 31 Aug Formula 1 Triathlon** (Roswell, NM) 800M/14K/4K/14K/4K, Draft Legal, (505) 624-5391, members.trailnet.com/oles

Cycling

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

- Tuesdays, 16 Apr – 16 Jul**
- Tuesday Night Crit** (Albuquerque, NM) Bill McLain, (505) 266-5927.
- 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
- 4 Jul Firecracker Crit** (El Paso, TX) road, Jaime Gandara, (915) 544-6277
- 5-7 Jul Tour de Los Alamos Stage Race** (Los Alamos, NM) road stage race, Bruce Lettellier (505) 672-1927
- 7 Jul Sandia Peak Challenge #3: King of the Mountain** (Albuquerque, NM) MTB, (505) 856-6419
- 20 Jul Pajarito Punishment** (Los Alamos, NM) MTB NMORS #6, Jack Dent, (505) 662-3100
- 21 Jul KY's Curvy Crit** (Albuquerque, NM) road, NMRS #10 Stephen Knight-Williamson, (505) 265-2782
- Wednesdays, 24 Jul-21 Aug**
- Double Eagle TT Series** (Albuquerque, NM) road, Bill High, (505) 298-2249
- 28 Jul Oak Flat Circuit Race** (Tijeras, NM) road, NMRS #11, Derek Moffett, (505) 342-9104
- 4 Aug Signal Peak** (Silver City, NM), MTB, NMORS #7, Gila Hike & Bike, (505) 388-3222
- 10-11 Aug Chain Breaker** (Lubbock, TX) MTB, Jay Keith (806) 793-5402
- 11 Aug Santa Fe Hill Climb** (Santa Fe, NM), road, NMRS #12, Stephen Newhall, (505) 471-9119
- 17-18 Aug Taos Ski Valley Alpine Classic** (Taos, NM) road, NMRS #13, Ken Gallard, (505) 776-2462
- 25 Aug Sandia Peak Challenge #4** (Albuquerque, NM) MTB, (505) 856-6419
- 7 Sep 14th Annual Top of the World Mountain Bike Race** (Red River, NM) MTB, NORBA. www.redrivernewmex.com
- 8 Sep 25th Annual Enchanted Circle Century Bike Tour** (Red River, NM), road, 100 or 87 miles. www.redrivernewmex.com

Cycling (Touring)

- 8 Sep 25th Annual Enchanted Circle Century Bike Tour** (Red River, NM), road, 100 or 87 miles. www.redrivernewmex.com

Race Results

Gila Anesthesia Stage Race

April 20

This road stage race in the El Paso area was hampered by high winds, and Mike Dennis reported his first “bad day” of the season. However, as of press time, Mike is still ranked 2nd in the NMRS D class.

Mike Dennis 8th D (8th TT, 7th RR)

Defined Fitness Duathlon

April 21

The Defined Fitness Duathlon is the former High Desert Wind Runners Duathlon in Rio Rancho, and features a tough 5K/30K/5K course. Sandy Nolen was the only SSR member.

Sandy Nolen 1:45:54 (1st 40-44)

Albuquerque’s Finest Half Marathon

April 21

This half marathon follows Tramway north from Central, then makes the turn west and downhill to finish at Sandia Casino. Steven and Mike were using it as a test of their run strength for the California Half-Ironman after a long bike the day before.

Steven Montoya 1:27:29 (4th 25-29)

Mike Montoya 1:31:46 (2nd 30-34)



Janet Metzger goes to receive her Mother's Day flower arrangement at the San Marcial ITT

Snakebite Duathlon

May 12

Lesson learned by Matt: don't bother to race immediately after an SSR event. Sunday, May 12th was the day after the San Marcial Time Trial and I had spent the previous week between tapering for my favorite duathlon and getting things together for the time trial.

Snakebite Duathlon is held right on the US-Mexico border near Santa Teresa. Except for a railroad crossing, the roads are smooth and pancake-flat, and I've had some pretty fun races there. El Paso superstar triathlete Bobby Gonzales is the race director, and always does a fine job with this 5K/30K/5K duathlon. For reasons I don't understand, this has never been a real popular race, but the folks who do race it are in general, faster than average.

After a stressful Friday preparing for the time trial, and a rough Saturday working at it, Cathy and I made the trip from San Antonio early Sunday morning. Weather conditions were perfect when we got there. We started the first 5K shortly after 8AM, and I was thinking I felt good – for the first 100 yards. Not being a fast runner, I always start near the back of the pack, but everybody was already working his or her way around me, and I was wondering where the energy was. Cathy took off like a rabbit. By the end of the run I was still ahead of a few, Cathy was leaving the transition area, and already none of my Clydesdale rivals were in sight. It's not over yet, I thought, I can still pull a 22mph bike leg out of my hat.

Not today I won't. Low energy and high winds is the way I'd sum up the ride. Cathy was still ahead of me by the same amount at the turnaround and then the meltdown began. By the time I reached the transition area, I was wondering about finishing. The rest of the field was passing me now; I never knew so many senior citizens raced duathlons, but I saw them go by me during the run.

Needless to say, Cathy had a great day in hot and windy conditions, with her bike and run splits improving every race. I just laid down on the sidewalk beside the car and asked Cathy to drive home.

Cathy Perini 1:47:51 (1st 35-39)

Matt Perini 1:57:31 (4th Clydesdale)



California Half-Ironman

May 19

I was super excited about racing this half ironman. The half ironman distance is my favorite triathlon distance and I think it suites me best. This distance consists of a 1.2 mile swim, a 56 mile bike and a 13 mile run. Plus, quite a bit of friends from NM were also racing and it is always fun to see a familiar face out there with you. Others from NM included SSR members Mike Montoya, Terry Moore, EP Higgs, and Eric Small.

The race took place on May 19 in Oceanside, California. The days leading up to the race were overcast and very chilly. We got a short run in on Friday and biked the run course on Saturday. We never felt like swimming beforehand because it was so cold out and the ocean temperature was near 60°F.

Race day was cold and rainy with lingering ocean fog. The swim was in Oceanside harbor and was pretty smooth. The swim started in waves and therefore cut down on the otherwise 1700 people all starting at once. When the gun for my wave sounded I sprinted the first 400m then found a nice pair of feet to follow and draft off the rest of the way. I exited the water just under 30 minutes and was pleased.

Off onto the bike, I was cautious of the wet roads, but I felt fantastic. I decided to wear a long sleeve shirt because of the cold conditions. The bike course was held entirely in nearby Camp Pendleton, a US marine base. The course was wet and very narrow and included a total of 6 180° turn-arounds. Of the three events, I was most pleased with my bike ride. I felt strong and averaged 23.5 mph the entire ride and finished with a time of 2:23.

The run course consisted of a two-loop course running along the ocean and nearby neighborhoods. Once on the run I was very thankful for the cool temperatures and overcast skies. Because of the two-loop design I was able to see and cheer on all my friends racing also. I finished the run in 1:44 (8 min/mile) and a total time of 4:43, a new PR by 4 minutes for this distance! Obviously I was very pleased to PR but I was still hoping to run faster than I did. Several weeks ago I hammered a 75-mile ride on Saturday, bricked a short run, and ran a 1:30 half marathon the next day at Albuquerque's Finest half marathon. Maybe I biked too hard? Oh well, next time maybe I will figure it all out!

Steven Montoya

	TOTAL	SWIM	BIKE	RUN
Mike Montoya	4:31:08	28:05	2:19:26	1:38:11
Eric Small	4:36:28	32:17	2:29:28	1:28:44
Steven Montoya	4:43:07	29:32	2:23:12	1:44:58
Terry Moore	5:03:33	28:09	2:35:47	1:54:14
EP Higgs	7:27:54	40:35	3:10:49	3:22:17

Milkman Triathlon

June 1

It was a day of firsts for members of the Striders and Rider club who participated in the sprint distance triathlon June 1st in Dexter, NM.

In the women's race, Terry Moore took first place in her age group and third overall with a time of 1:07:22. Her sister Kathleen, the Socorro Swim Team coach, also raced, finishing with a time of 1:26:03. Alyssa Higgs also took first place in her age group, and 10th overall with a time of 1:13:47. Laura Wilcox placed second in her age group and sixth overall with a time of 1:13:47. Terry, Alyssa, and Laura qualified for the National Age Group Championship held in Idaho later this summer.

In the men's division, Mike Montoya placed third overall with a time of 58:57, brother Steven Montoya placed fourth in his age group with a time of 1:04:05, and Christian Krueger placed ninth overall with a time of 1:02:24.

E.P. Higgs

Lobo Swim Meet

June 8-9

The Lobo Invitational draws swim teams from New Mexico, Colorado, Oklahoma, and Texas to Albuquerque for a giant swim meet. Local swimming standouts, Kirtland Aquatic Club and SSR members Alyssa Higgs, Jennell Higgs, and Damian Lopez Plancarte competed. Damian's results are not available, but Alyssa and Jennell had a good weekend.

Alyssa Higgs	4 th overall age group
200 IM	2:52:38 (2 nd)
100 breast	(3 rd)
50 breast	(4 th)
200 free	(4 th)
50 free	(4 th)
400 free	(5 th)

Jennell Higgs	3 rd overall age group
200 free	2:47:16 (1 st)
100 fly	(2 nd)
200 IM	(2 nd)
50 fly	(2 nd)
50 free	(3 rd)
100 back	(4 th)
100 breast	(5 th)

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:

Send form and check payable to "Socorro Striders and Riders," P.O. Box 1508, Socorro, NM 87801



Socorro Striders and Riders
P.O. Box 1508
Socorro, New Mexico 87801