

TMRC NEWSLETTER

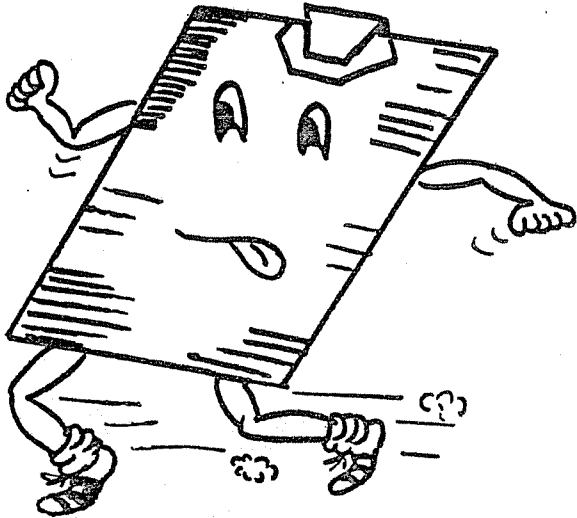
December 1983

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Thunder Mountain Running Club

Editor, Bill Bates



CLIPBOARD NOTES

I encourage all local runners, club members or not, to attend the Dec 8th general membership meeting. If possible, please sign up to be race director for one race, or to help at one or two. Too many local runners just show up at the races and maybe complain if the course is a little short (or long) or there isn't enough beer at the end. Let's all help to keep the terrific local running scene terrific instead of just pointing out the faults. Please volunteer!

Along these lines, I encourage both runners and novice race directors to give our smaller races a try -- the periodic fun run to Tombstone, the 5KM handicap run, etc. No trophies, no T-shirts, no big expense -- but the same fun.

The running club in Tucson is going to introduce a family discount at the major races. That sounds like a good idea.

Another practice I like is the fact that in many New York races I've run the awards are deeper in men's categories than in women's since several times as many men race as women. In our TMRC races relatively few men win awards, but most women win. That's nice for the women, unfair for the men.

TMRC GRAND PRIX RESULTS

Sue Fletcher seized the last remaining crown in the Thunder Mountain Running Club's 1983 Grand Prix circuit by winning Hank Diaz's International Fitness Center 5.7-mile road race on Nov 13th. As Women's Masters champion, she joins the Men's Masters champion, Richard Reeves; the Women's Open champion, Carol Rupkalvis; and the Men's Open champion, Ariel Nieves.

The first-place finisher in each category wins a trophy, leaders 1 through 5 receive commemorative T-shirts, and numbers 6 through 10 win special rosette ribbons.

Next year each runner must complete at least 4 of the Grand Prix races to win an award.

Final 1983 Standings:

MEN'S OPEN:

1. Ariel Nieves	700
2. Ken Irvin	560
3. Paul Sadorf	480
4. Paul Valentin	470
5. Gary Epple	420
6. Don Simpson	340
7. Dan Sundberg	260
8. Will Hill	250
9. Jim Putnam	210
10T. Chuck Harper	180
10T. Danny Lopez	180

WOMEN'S OPEN:

1. Carol Rupkalvis	820
2. Esther Valentin	520
3. Ruth Goldenberg	330
4. Donna Young	320
5. Connie Bradley	310
6T. Julie Maggiore	280
6T. Michele Keeley	280
8. Ann Catlett	190
9T. Paige Butler	180
9T. Linda Moy	180
9T. Chelsea MacDougall	180

MEN'S MASTERS:

1. Richard Reeves	750
2. Bill Bates	600

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CLIPBOARD NOTES (cont'd)

I think bicycling and running make a good combined training program. For us novice bikers there are time trials in the Tucson area every couple of weeks. A couple of upcoming trials are: Jan 8th, Old Nogales Highway (10/25 miles); and Jan 15th, Oracle Hill Climb (10+ miles). Cost is just \$1.00.

Sue Fletcher has dominated the local scene lately and recently extended her excellence to Phoenix in the Avon race. In her first women-only race Sue was 27th out of 387, 2nd for ages 40-44, with a time of 65:10. It was a gala race with lots of balloons, a C&W band, certificates, and lots of after-race refreshments.

The Nov 26-27 runs on the U of A track in Tucson produced 19 national age group marks and 9 more age records, but none for TMRC members. William Smith of San Antonio, who won our Huachuca Mountain Massacre this year, set 4 of the age records. I ran 20 miles, and Brian Bates ran 15.

A lot of you are running a marathon in December. Please let me know how you do.

Take care.

Bill

ST. ANDREW'S CYO 5 MILER

Paul Sadorf belonged to the St. Andrew's Catholic Youth Organization 3 years ago when this race was inaugurated, and he returned from NAU to win the 4th annual edition on Nov 5th. Rose Mika hasn't taken off her medal yet. There were 33 runners (28 males, 5 females). The entry fees raised money for the CYO to use to provide a party for needy people at Christmas time.

TMRC Results:

1. Paul Sadorf (1, 19-29)	5:37	28:05
2. Ariel Nieves (1, 30-39)	5:45	28:46
4. Joe Cary (1, 50 & Over)	6:05	30:26
5. Gary Epple (2, 19-29)	6:11	30:53
6. Al Jenkins (1, 40-49)	6:37	33:05
7. Carl Carey (2, 40-49)	6:38	33:11
9. Chuck Harper (3, 30-39)	6:48	34:01
10. Miles Kara (3, 40-49)	6:55	34:34
13. * Sue Fletcher (1, 40-49)	7:12	36:00
14. Dick Haines (4, 40-49)	7:14	36:09
16. Manny Vera (6, 30-39)	7:18	36:28

(Results continued next month.)

GRAND PRIX (cont'd)

3. Pete DeRosa	500
4. Carl Carey	480
5. Joe Cary	460
6. Don Branaman	400
7. Al Jenkins	260
8. Harry Dubinick	220
9T. Ron Witt	200
9T. Dick Haines	200

WOMEN'S MASTERS:

1. Sue Fletcher	700
2. Barbara Carey	640
3. Barb DeVita	560
4. Sue Smith	250
5T. Joan DelVecchio	90
5T. Freida Shoemaker	90

INTERNATIONAL FITNESS CENTER

Paul Sadorf lost his local winning streak and finished third in the Nov 13th first annual Hank Diaz's International Fitness Center 5.7-mile road race; Tim Olson won. Sue Fletcher extended her string of recent wins by beating Carol Rupkalvis by nearly 2 minutes. There were 72 runners (59 males, 13 females).

TMRC Results:

3. Paul Sadorf (3, 19-29)	32:20.7
4. Brian McGlumphy (1, 13-18)	32:44.9
5. Danny Lopez (2, 13-18)	32:49.3
6. Ariel Nieves (1, 30-39)	33:26.3
7. Gary Epple (4, 19-29)	33:29.8
10. Dan Sundberg (7, 19-29)	34:38.1
11. Joe Cary (1, 50-59)	34:48.0
12. Ken Irvin (2, 30-39)	35:01.9
13. Rich MacDougall (8, 19-29)	36:33.5
14. Mike Evancevich (3, 13-18)	36:42.7
15. Al Jenkins (1, 40-49)	37:35.2
16. David Lorenz (3, 30-39)	37:44.1
17. Carl Carey (2, 40-49)	38:04.0
19. Chuck Harper (4, 30-39)	38:19.5
21. Brian Bates (5, 13-18)	38:53.4
22. Miles Kara (3, 40-49)	39:18.0
25. Jim Putnam (8, 30-39)	40:36.5
26. Bill Bates (4, 40-49)	40:42.8
27. Pete DeRosa (5, 40-49)	40:54.5
28. Rick Mitchell (9, 30-39)	41:24.9
29. * Sue Fletcher (1, 40-49)	41:26.1
30. Manny Vera (10, 30-39)	41:44.9

(Results continued next month.)