

# Riis Park Striders Results

September 5, 2015 Warm and Humid

<b>1 Mile</b>	1. Bob Chadwick	10:31	1st M 70+
	2. Ken Dietz	11:04	1st M 60-69
	3. Mark Blaszczyk	14:12	2nd M 60-69
	4. Renee Phillips	15:33	1st F 50-59
<b>1.2 Miles</b>	1. Felix Coleman	21:47	1st M 50-59
	2. Si Jayne	22:21	1st M 70+
<b>3 Miles</b>	1. Mike Fleischhaker	22:47	1st M 50-59
	2. Ison Dampier	41:28	1st M 70+
	5. Eileen Ferguson	42:25	1st F 60-69

The Striders were back after taking the month of August off. Ison Dampier re-upped for another year. Renee Phillips is off for a 2 week tour of some of our National Parks.

## This day (9/5) in history quiz

**1920** - 7th Olympic Games closes. In what city were they held?

**1947** - This Pirate hits his 8th home run in 4 days.

**1959** - This long running western premiers on NBC-TV.

**1964** - This American sets then long jump record of 27' 41/2".

**1976** - This White Sox becomes the oldest player (53 yrs) to hit safely in a major league game.

## How to figure out how fast you were running.

You know your distance and your time. Take your time and convert it totally into seconds. Now take that time and divide it into the distance. That will give you the distance you traveled per second. Multiply that times 60 to get miles per minute then again by 60 to get miles per hour

**Example:** You race 3 miles at 22:47. Convert 22:47 to seconds (1367). Now divide 1367 into 3 (miles) (.0021945) then multiply by 60 (.13167) then by 60 again (7.9002). So Mike Fleischhaker ran 3 miles last week at 7.9002 MPH.