



MILE MARKERS



We give you the run-around

March 1, 1986

Vol. 7, No. 3

P.O. Box 1818, Santa Fe, NM 87504

The March meeting will be a potluck at Jerry Dorbins house (Los Pinones Apts, 825 Calle Mejia, Apt # 1132 983-3282) on Tuesday March 11 beginning at 7:00 PM with the buisness meeting beginning at 8:15. Tim is trying to rule our rambling meeting with a somewhat firmer hand so things might begin as scheduled. Items of buisness will include the following races: The Run Around, Corrida de Los Ninos, Terry Fox Run, and the Million Dollar Race in April, as well as any discussion regarding items on the survey. The primary thrust of this newsletter will be to extract, extort, cajole a response from the loyal readers to the enclosed survey. As the Striders enter what I believe to be the eighth year of existense it is perhaps appropriate to take some time to assess what it is we want out of the organization. So please fill out the survey and mail it back. Include anything you think might be of interest.

Notas del Presidente

Greetings Striders:

Enclosed with this months newsletter is a Santa Fe Strider survey designed to let you air your likes and dislikes of the running/ racing community. I would encourage every member to take a few minutes to answer the questions so the Striders can continue to be representative and responsive to the running community.

Molly Munson is one of the organizers for the upcoming five mile Terry Fox run which will be held at the Santa Fe Prep School on March 15, 1986. Exact time of day has not been set, but each runner will pay a minimum five dollar donation to the cancer society to participate. Although the entry has been set at a five dollar donation, Molly encourages each participant to try to get as many five dollar pledges as they can from others who may not or do not want to participate. It is my understanding that those participants who still want to participate under the old format will still be allowed to do so.

Bill Earl suggested at the last meeting that we collectively take on the task of compiling and maping a number of running routes throughout Santa Fe and the surrounding area. The idea would be to publish the map and distribute it to our members, and anyone who might remotely be intereseted. If done with a little class if could be left as a permanent information and entry sheet for the club at sporting good stores, hotels, restaurants, wherever. Included, of course would be a detailed description of our fun runs, monthly meetings, beer consumption etc. I (I is Greg Ohlsen) find the project interesting and would be willing to be Map captain if there is enough interest in the project to pursue it. This could be a nice way to encourage new membership toward which little effort has been devoted lately. Also it would be nice if someone would volunteer to get annoucement of our Wednesday fun runs back into the New Mexican and elsewhere on a regular basis.

Notas del Presidente

The old format involved getting pledges for the total miles run on that day up to twenty miles. The run will not be a competitive event even though the digital will be set up for those who time every run they participate in. Prizes will be awarded to the person(s) who have the most pledges and those who bring in the largest dollar amount for the cancer society. As of last word the course was to follow Cruz Blanca past St. Johns through the arroyo to the top of Wilderness Gate and back down the road to the Prep School. We need to have a few volunteers to set up a table at the Prep School on race day, and also route workers, and someone to take charge of an aid station at the halfway point. Please call Molly at home 983-8679 if you can help with this fund raiser.

Enough boredom for this month. Please return your surveys to the post office box or bring them to the next meeting.

Tim

About a dozen Striders went on a three day cross country ski weekend to Conejos Ranch north of Chama. Thanks are due Dave Boyer for organizing this trip. It is a substantial effort to coordinate such an event. Conejos Ranch is pleasant jumping off point for skiing. The lodge is a nice blend of comfort and funk with enough things to do for those with ambivalent feelings about snow. Dave showed us how to mix Baileys Irish Cream (or equal) with snow resulting in a concoction of memorable note.

One sad note I learned from this trip is that Brooks Blair seems to believe that pasture is greener in Dallas and plans to return there in a few months.

You have probably gathered that Jerry Dorbin is not the author of the newsletter at this time. As I write this I realize just how much time and effort he has put into it for the last three years.

I am not sure why or how he lasted that long but would like to express appreciation for his dedication if not his poetry. He is still compiling information regarding recent performances of Striders and of upcoming running events. Any items that you would like to have included in the newsletter can still be given to Jerry or you can send them to me at the following address: Greg Ohlsen 1169 East Alameda Santa Fe, NM 87501 983-5874

Both Tim and I would appreciate it if you would make an effort to complete the survey and get it back to us. If we get 10 or more we will actually read them and let you know the results.

Santa Fe Striders Survey

About the Club:

Would you like to have more speakers at the meetings ? **YES** **NO**
 How often would you like to have meetings?
 Monthly ___ Bimonthly ___ When we have a reason ___
 Would you like to see more organized weekend events? Mountain
 runs, before breakfast runs, hash runs etc.? **YES** **NO**
 Would you organize one on occasion? **YES** **NO**

The Money

If you have any ideas for ways to spend our money constructively or otherwise please write them down. Ideas not forthcoming, rank the following possibilities:

Purchase of new race equipment ___ Suspension of dues ___ Donate to charity ___ Donate to runners in need ___ Advertize to promote club ___ Produce running map ___ Lobby for running trails etc ___ Sponsor free races ___ Club health equipment ___ Club yacht ___ Higher grade beer at meetings ___ A Bash ___	<p>Your Thoughts Here</p> <div style="border: 1px dashed black; height: 150px; width: 100%;"></div>
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Races:

What is your favorite distance ? _____ Least Favorite _____
 Do you run races out of town? **YES** **NO** If so how often? _____
 Do you like receiving T-shirts? **YES** **NO** Other Ideas? _____
 Highest entry fee paid? _____ Highest you would pay? _____
 What do you feel is the most reasonable entry fee _____
 What is your favorite Santa Fe Race? _____
 Least favorite? _____
 Suggestions for race sites or routes? _____
 Do you patronize race sponsors? **YES** **NO**
 Do you feel Strider races are well organized? **YES** **NO**
 Do you think a 5k should be added to the Run-around? **YES** **NO**
 Do you think racing is overemphacised? **YES** **NO**
 Would you like to be contacted to help work on races? **YES** **NO**

Personal Information

Name _____ Home Phone: _____ Work Phone: _____
 Age ___ Sex ___
 Average Number of miles per week? _____ Hard? Moderate? Easy?
 Time of day you run? _____ How many races did you run last year? _____
 How much fun is running? Ecstasy 1 2 3 4 5 6 7 8 9 Vile

Please Return to: P.O. Box 1818, Santa Fe, NM 87504

=Recent Results=

Valentine Couples' Run, approx. 3 miles, Albuquerque.—Dale, 19:50, and Kenny, 22:20, for combined 42:10. Winning time, Web Loudat & friend, 33:25.

Masters Winter Runaround, Albuquerque. 2.1-mile—Dave Otto, 1st overall in 14:41. 4.2-mile—J. Dorbin, 3rd, men 55-59, 33:28. Heavy snow falling; rough track.

Redwood Valley (Calif.) Resolution Run 15K (before the flood)—Sanford Dorbin, 1st, men 50-59, 1:06:53.

Alpine, Ariz. Winter Carnival Cross-Country Ski 10K—Donna Berg, 2nd overall woman & 1st, W40-44, 45:57. Tom Berg, 1st, men 40-44, 38:35. Other familiar Santa Fe/Los Alamos names.

=COMING EVENTS=

- Mar. 2—Helping Our Neighbors 5K & 10K, 9 a.m., Albuquerque Police Dept., 401 Marquette NW. \$10 includes tee shirt. Trophies to first three, each age group. Ten-year age groups. Drawing for trip for two to Disneyland. Downtown to Zoo Park and back. Carlos Duran, 766-7427.
- Mar. 8—Pecos Valley Stampede 5K, 10K & half-marathon, 10 a.m., Roswell YMCA. \$7, \$8. Sun visors to all finishers.
- Mar. 16—Albuquerque Parks & Rec Half-Marathon & 10K, 8 a.m., UNM north golf course/bicycle trail. \$7, \$9. New category for heavyweights.
- Mar. 23—Sun Sports \$1,000 10K. Cash prizes. 9 a.m., Juan Tabo at Montgomery NE, Albuquerque. See Sun Sports.
- Apr. 6—Richard Harper Memorial 5K cross-country, Albuquerque Academy.
- Apr. 27—New Mexico eliminator for ABC Sports \$1 Million Race II. Santa Fe. Previous winners of cash prizes in road racing ineligible for national finals cash competition. Info, Cathy Quintana, Fort Marcy City Rec Complex.
- May 4—15th Annual Avenue of the Giants Marathon, Weott, Calif. 9 a.m. Stamped, self-addressed envelope to Six Rivers Running Club, Box 214, Arcata, Calif., 95521 for forms.
- May 18—3rd Annual Corrida de los Niños, Santa Fe Indian School. Info, Dave Giles.
- May 26—Bandelier Marathon, 50-mile run & 50-mile relay. L.A.
- June 7—EIGHTH ANNUAL SANTA FE RUN-AROUND 10K. 8 a.m., from The Plaza. Dennis Cooper race director.
- July 12—Los Alamos High Altitude Mini-Marathon (5K & 20K).
- July 20—3rd Triathlon de Santa Fe. Cochiti Lake. Info, Quintana, race director. Dede in charge of Strider work party for triathlon. (Club earns money by working on it.)
- Aug. 9—6th annual Santa Fe Women's Run 5K. Info, The Finish Line.

Santa Fe Striders
P.O. Box 1818
Santa Fe, New Mexico 87504

The first Santa Fe Run-Around was held in 1979. Running Times reports that the ratio of men runners to women was 18 to 1 in 1978 road races. By 1985, it was 3.5 to 1.

The average age of all men competing in 10Ks in the US in 1979 was 29. By 1985, it was 33.