



MILE MARKERS



July 7, 1986

Vol. 7, No.7

We give you the run-around
P.O. Box 1818, Santa Fe, NM 87504

Our annual after-the-race party will take place Tuesday July 15. It will be at "Group Shelter # 1" in Hyde Park which is near Black Canyon Campground and The Evergreen Inn. There will be a sign on the side of the road for those of you who might not get lucky. There will be an easy run starting at 6:00 PM, probably up the Black Canyon trail, and the official consumption period will begin at 7:00. The club is providing hamburgers, buns, chips, and condiments but you are asked to bring your own beverage, salads, desserts, etc.. Everyone is invited!

The Run-Around went very smoothly again this year. The volunteers have become a crack team, having practiced their craft over a period of years. The increased entry fee and a fairly large number of race day entrants allowed us to stay in the black. The race treasurer informally reports "we did all right" and says a full accounting will follow the race party. We had 242 registered runners in the race and out of them 217 crossed the finish line. No caterpillar teams entered the race this year but we did have one colorful entrant, Leo Torres, who graciously agreed to change his T-shirt for a special wedding edition complete with a string of tin can and running shoe cut outs attached to a cluster of helium balloons. This must have excited him considerably as he pummeled his way through a cloud of balloons to nearly lead the race.

The Striders (the crack team anyway) are doing the Triathlon finish line again this year. The race takes place the morning of July 20 (Sunday) and we need volunteers. Dede Collins is in charge and you can reach her at work: 665-0428 or home: 982-8846. We are being paid for our efforts so we need to make a good showing.

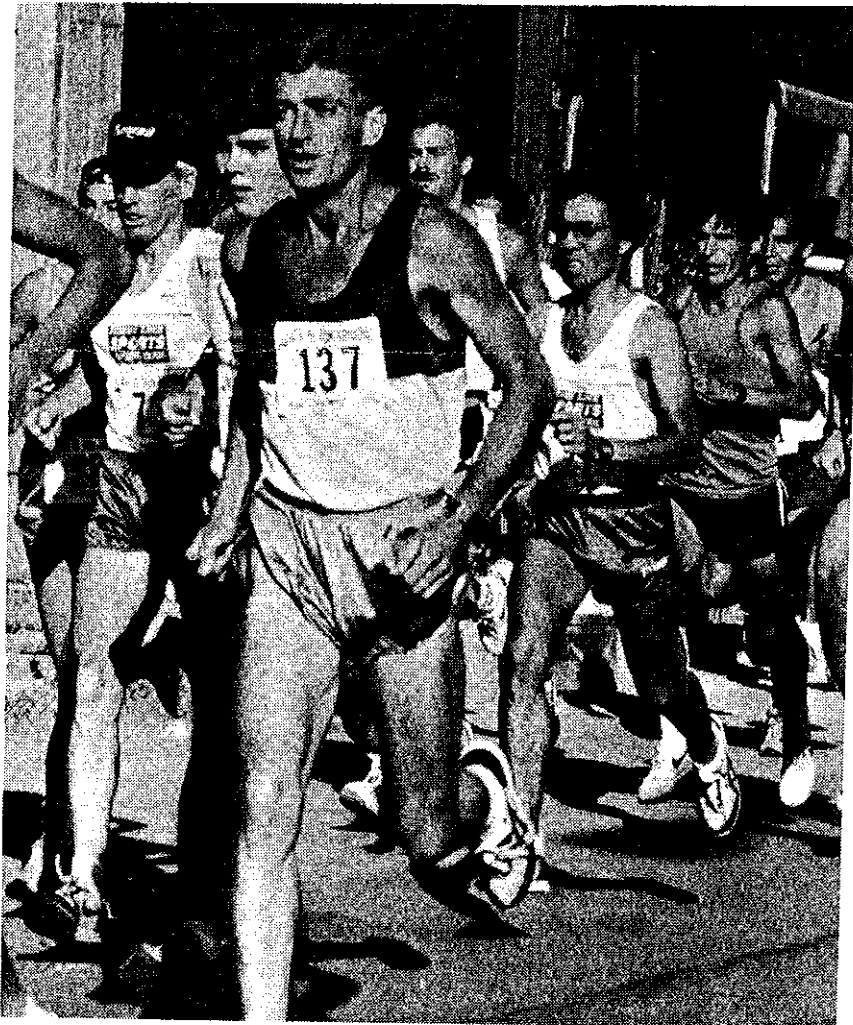
Tim Burrell and George Crowshaw are organizing a mountain run this month. The run is from Santa Fe Ski Basin starting at 8:00 am Sunday July 26 to Cowles. This is a long and beautiful run and we will hopefully have vehicles at Cowles. Contact either Tim or George before you proceed to the ski basin so we can figure out the vehicle logistics! Tim work: 983-6002, home: 471-3041. George (evenings) 471-4317.



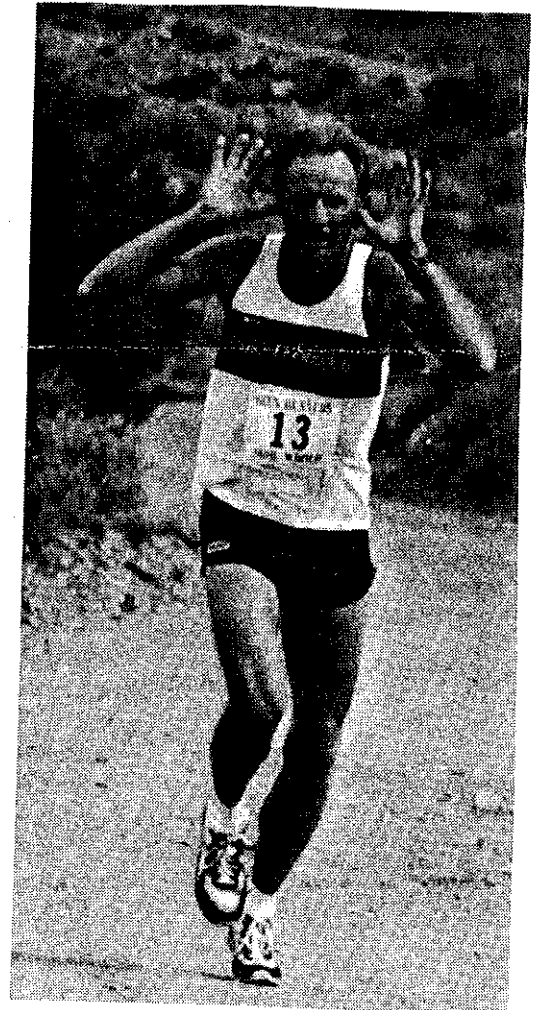
WEDDING SEASON: Leo Torres of LANL, who would be married a couple of hours after the Run-Around, knocked out a 34 minute 10K trailing balloons, attached to him by Lab pals. At right, Jerry Martínez of Velarde, who escorted the celebrant. The two finished forth & fifth overall.

The running route on the following page was graciously contributed by Bill Earl for your perusal and for possible use in the running map. A proposal for the layout of the map, as submitted by John Arnold, and slightly modified by me, is on the following page. Send your praise to John and constructive criticism to the PO Box. Sooner or later we will dedicate an entire meeting to decisions regarding content, layout, and distribution. Hopefully there will be more than one option to choose from by then.

Different Approaches To Competition



AMONG MEMBERS RECOGNIZABLE a block after the start of the eighth annual Run-Around are Pat McCarty (baseball cap), Lou Marjon (No. 137, foreground), Ernie Casados (glasses, behind Marjon), and Tito Naranjo (half-hidden, two back of Casados). Marjon and McCarty ran one-two in men, 40-49.



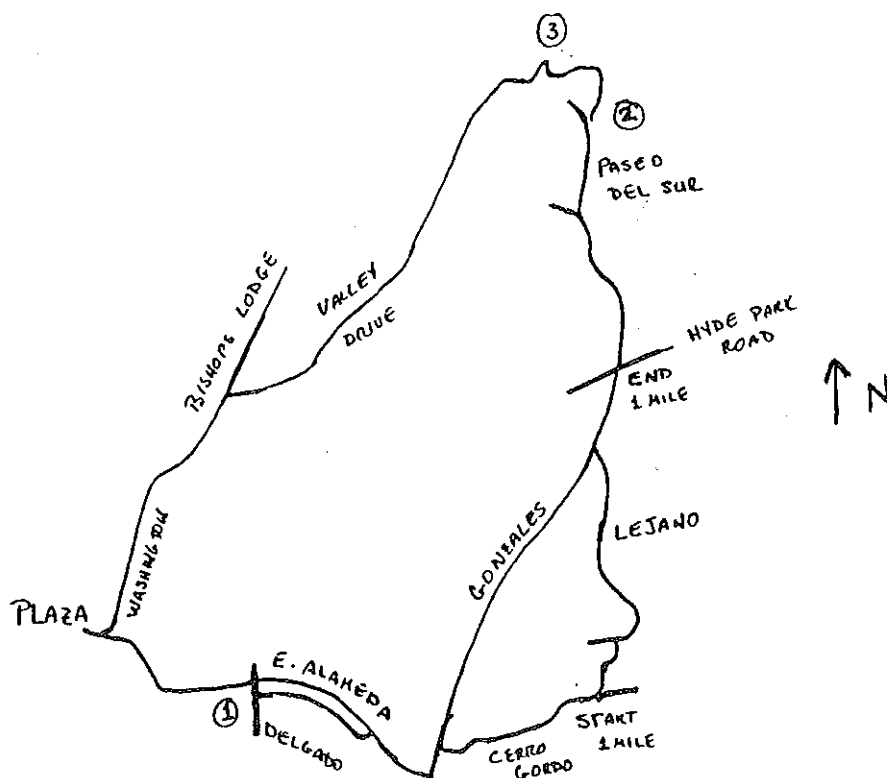
TYPICAL ATTITUDE—Unidentified older runner strikes a familiar pose on The Devil's Throne at the recent Cerrillos 5K & 15K. (Photos by June Dickinson)

GREG'S RUN

Greg claims that he doesn't like this run anymore but the name has stuck. This is a moderate route which is easiest or most fun when started from the Plaza. It has been measured on a topographical map to be 5.65 miles. There is a measured mile, which has been measured with several automobiles, starting in front of Bill Earl's house (1261 Cerro Gordo, just before turning on Armijo Lane) to the stop sign where Gonzales Road crosses Hyde Park Road, marked on the accompanying map.

The Route From the Plaza (if you can find the Plaza) go up San Francisco toward the Cathedral, around Cathedral Place to the Alameda and left on Alameda. Note: This is the start of the Runaround and there is a mile marked on the road starting in front of Dunlaps on the Plaza and ending on Alameda. Turn left on Gonzales and go one block up the hill to Cerro Gordo turning right on Cerro Gordo. After a little less than 1/2 mile (after a short hill) turn left on Armijo Lane. This will bend around a little, turn right at the "T" intersection on Lejano Lane. At the top of the hill, stay to the left and go out to the stop sign at Gonzales. Turn right on Gonzales, staying on it across Hyde Park Road (this is the end of the measured mile), after a downhill section, turn right, up the hill on Paseo del Sur. After a relatively straight section the road bends left but you want to go to the right down hill on a minor dirt road and into an arroyo. Stay in the arroyo in spite of one slightly difficult spot until the cement section where the road crosses the arroyo. Turn right on the road which quickly becomes Valley Drive. Stay on Valley drive until Bishop's Lodge Road, turn left, the road turns into Washington, continue to Palace and turn right and you will be back at the Plaza.

Notes: 1.) For interest turn right on Delgado, cross the bridge and turn immediately left on the dirt version of Alameda, stay on this section until the footbridge brings you back across the river to the paved Alameda. 2.) At this point Paseo del Sur bends left up a hill, stay to the right and head downhill on a more minor track. 3.) There is a little road which comes out of the arroyo and makes a small "U" and avoids the one bad section in this arroyo. If you turn too soon you will go up the hillside on another dirt road which will eventually bring you to Bishop's Lodge on Stagecoach Drive (if your sense of direction is better than Jerry Dorbin's).



scenery, speed of the course and traffic.

REMEMBER: Santa Fe is 7,000 feet above sea level. If you are visiting for only a few days, you may have difficulty breathing, especially while running. If that is the case go slow and steady. We want your visit to be enjoyable!

Women runners should take reasonable caution about running alone or in isolated areas as Santa Fe, unfortunately, has its share of rude and sometimes dangerous people!

Second half of key map goes here.

Front page

RUNNING CALENDAR

The following list gives the races most likely to occur on an annual basis. Those races in Bold Face are sponsored by the Santa Fe Striders. For further information, call the Santa Fe Striders' running hot line at 988-3061.

JANUARY

Corrida de los Locos

MAY

Corrida de los Niños

JUNE

Santa Fe Run-Around

JULY

Los Alamos Mini Marathon

AUGUST

Santa Fe Womens Run

SEPTEMBER

Old Santa Fe Trail Run

NOVEMBER

Hava a Fowl Day Run

DECEMBER

Striders annual dinner & meeting

Every Wednesday evening the Striders sponsor an informal run from the plaza at 6:00 pm in the summer and at 5:30 in the winter. The run is usually not timed nor measured and varies in distance and effort depending on whom you follow. Usually followed by a gathering at the Ore House.

The Striders produce a monthly newsletter with information on local runners and events. Cost is \$10 per year. Mail to PO Box 1818 Santa Fe NM 87501

RUNNING IN SANTA FE

SELECTED ROUTES AND INFORMATION FOR RUNNERS



PROVIDED BY
THE SANTA FE STRIDERS

"WE GIVE YOU THE RUN AROUND"

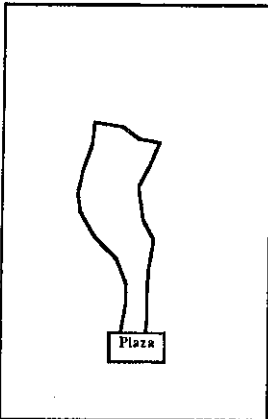
Running in Santa Fe is interesting, fascinating and enjoyable. We've created this brochure to give you an opportunity to run some of this city's favorite routes.

The four courses we've described range from a popular and easy 5 kilometer route to a challenging 10 miler that will test your stamina.

The Santa Fe Striders have rated each course on a scale of 1 (easiest) to 5 (hardest), taking into consideration such factors as

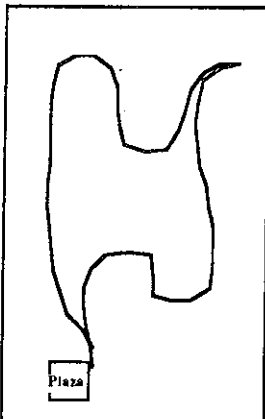
First half of a key map of Santa Fe goes here giving the general idea of where the runs are. Details with distances, elevation changes, scenery and local color will be included in the separate stip maps for each course.

Womens Run 5K 3.1mile



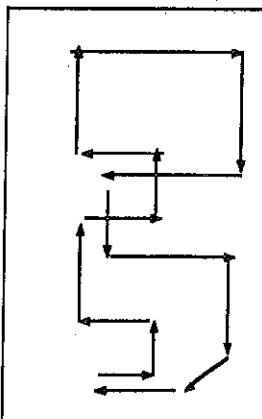
Start: Plaza
Finish: Plaza
Elevation Change: Indeed
Difficulty: Self inflicted (3)
Notes: This is the course used by the Santa Fe Womens Run each August. The race is competitive and the course is fairly challenging. Best time to run is when it is full of women. Moderate traffic. Goes through older residential neighborhoods.

Santa Fe Run-Around 10K 6.2 miles



Start: Plaza
Finish: Plaza
Elevation Change: 300 ft
Difficulty: Challenging 10K (4)
Notes: An accurately measured course along the river through old Santa Fe. Santa Fe's most consistent, accurate, and best run race goes over this course. The record time for the course is 27:32:21 set by Greg Ohlsen on an inspired day in 1989. The run is scenic and provides some nice views of Santa Fe from the hills.

Blah blah run: 50 ft to 50 miles



Start: Your front Door
Finish: Varies
Elevation Change: Unknown
Difficulty: (1-5)
Notes: This run begins on impulse and proceeds towards an illusive point that can rarely be seen. Take some money for the telephone!

Green Shack Run: ~ 7 miles



Start: Plaza
Finish: Plaza
Elevation Change: 500 ft
Difficulty: 3.5
Notes: This run is an out-and-back with a steady climb on the way out. Goes up the Canyon Road gallery area and then continues up upper Canyon Rd. which parallels the Santa Fe River. At the intersection of Canyon Rd and Cerro Gordo continue another .6 mile past the city reservoir to the fence which is where the green shack used to be. Turn around and enjoy the view & downhill.

Back

These two pages are produced at 50% of their actual size. They can be printed on both sides of a legal sized piece of paper and folded in such a way that the "Running In Santa Fe" would appear on the front and the pamphlet could be placed in a stand or in a slot such as most hotels have. The back of the folded pamphlet would have the calendar and information about how to join the Striders. When it is open the overall map of Santa Fe will appear and hopefully be clear enough for people to use in locating the individual running maps. We only have room for about four runs with this layout and if we double the paper size we could increase the number to twelve. As you can tell from the maps they need a little work. Again I solicit the opinions of the membership. We need your ideas for specific runs, how many to include, your opinion of the layout, how much to gear this effort towards tourists and anything else. Drop a note to the PO Box!

Racing Calendar

- Jul 12—Los Alamos Mini-Marathon, 5K & 20K, 7:30 a.m., Los Alamos Credit Union bldg. \$15 July 5-10th; \$25 on July 11th or race day morning. Info, 662-6896 or 662-7315, evenings.
- Jul 12—Bastille Day, Las Cruces. Mesilla Valley Track Club, 523-0903. 5.6-mile; reg. 7:30 a.m. \$1; start 8 a.m.
- Jul 12—Partners of the Americas 3-mile, 8 a.m., west side of UNM north golf course, Albuquerque. \$5 before; \$6 race day. Info, UNM Leisure Services, 277-4347.
- Jul 19—Kendall Mountain Run, Silverton, Colo.
- Jul 19—Albuquerque Road Runners Women's Distance Festival
- Jul 20—Third Annual Cochiti Triathlon, Santa Fe Parks & Rec Dept., 8 a.m., Tetilla Peak rec area. \$25 indivs; \$50 teams (male only or co-ed). One-mile swim, 33-mile bicycle race, 7-mile run. July 11 reg. deadline. C. Quintana. Strider non-entrant work party, contact Dede Collins, 982-8846, evenings. Entries, Ft. Marcy Rec Center.
- Jul 26—Raton Summer Run 5-mile & 10-mile, 9 a.m., Ripley Park, downtown Raton. \$10 till July 11, thereafter, \$12. Chamber of Commerce, Box 1211, Raton 87740. Club has entry forms.
- Aug 3—La Luz Trail Run, Albuquerque.
- Aug 3—Telluride, Colo., Mountain Run
- Aug 9—Sixth annual Santa Fe Women's Run 5K, 8 a.m., Lincoln Ave. Finish on the Plaza. \$7 to Aug. 8th; \$8 race day. Entry forms Finish Line Sports and other runner shops; enter, Finish Line Sports, 1333 Cerrillos Rd.
- Aug 9—Old San Miguel Fiesta 10K, 8 a.m., San Miguel Mission, Socorro Plaza. \$7 pre-race; \$8 race day, 403 El Camino Real NW, Socorro 87801; age groups, tee shirts, etc.
- Aug 10—Magic Mile, Albuquerque.
- Aug 10—Las Manuelitas 15-mile relay, Las Vegas; Meadow City TC.
- Aug 17—Club mountain run, Ski Basin to Cowles via Holy Ghost Canyon, 9 a.m.
- Sept 1—Eighth Almost Annual Old Santa Fe Trail Run 5K & 10K from Lincoln Ave.

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+RECENT RESULTS+

LAS VEGAS FIESTA 10K—Mary Nichols, 1st woman, overall, 39:28 (non-relay p.r.); Dave Giles, 3rd man, 40-49, 40:33; Debi Wielgusz, 2nd woman, overall, 47:30. 5K—Ron Valdez, 1st man, 30-39, 17:20.

STROH'S 2K—June Dickinson, 2nd woman, overall, by one second, in 8:29.6, two months after knee surgery.
8K—Sean McCormick, 1st man, 40-44, 28:10; Pat McCarty, 2nd man, 40-44, 29:07; Ed Heffern, 30:22; John Arnold, 41:47.

TAOS MARATHON RELAY—Strider team No. 1, 1st women's team, with Moo Thorpe leading off with 34-minute five-mile leg; Catherine Quintana, 32-minute five-miles; followed by Carolyn Prindle of Santa Fe, Janie O'Rourke of Los Alamos, and then a 38:05 anchor for the final approximate 10K by Mary Nichols; a p.r. for the distance. Men's team including Strider Lou Marjon was second, overall.

TAOS FOUR-MILE—Ron Valdez, 1st man 30-39, and fifth, overall, in 23:23.

ESPAÑOLA FIESTA 3.2-MILE—Alvaro Gallegos, 1st man, 50-and-up, 21:30.

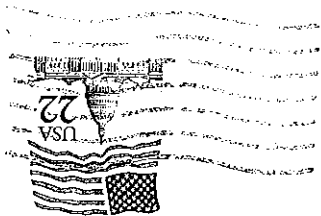
SANTA FE RUN-AROUND 10K— Member times and places:

Lou Marjon, 35:08.8 (1st M 40)	Chuck Merritt, 45:19.7
Andrew Flores 35:44 (3rd M 20)	Alvaro Gallegos, 46:14.8
Pat McCarty, 37:02.6 (2nd M 40)	Leo Hosenfeld, 46:50.3
Ernie Casados 37:40.1	Galen Krisov, 46:55.4
George Croshaw 38:24 (3rd M 40)	Debbie Hathaway, 46:59.5
Rocky Kimball, 38:52.3	Tom Day, 47:30.2
Tim Burrell, 39:04.6	Buddy Roybal, 47:50.4
Catherine Quintana 39:12.1 (1st Woman)	Larry Shandler, 47:51.3
Mike Rivera, 39:45.1	Cecil Smith, 47:55.8
Sean McCormick, 40:17.1	Andy Nava, 48:09.5
Russell Smith, 40:32.7	Dave Curtis, 48:29.2
Marc Brennand, 40:49.1	Dave Gregory, 48:45.7
Leroy Ramirez, 41:18.6	Randy Bartell, 50:09.5
Aaron Goldman 41:27.6 (1st M 50)	Donna Berg, 50:19.9 (2nd W 40)
Dave Copley, 41:35.3	Peggy Wittenauer-Lee, 51:33
Dave Sneesby, 41:44.1 Ken French 42:38.7	Gerald Allen, 52:12.7
Herb Garn, 42:51.6	Tom Berg, 52:43.4
Phil Pannabecker, 44:09	Jay Stimmel, 52:44.2
Tim Alton, 44:31.9	Elaine Pinkerton, 52:44.5
Pam Roy, 44:55 (2nd W 20)	Pat Olachea, 57:33
	Sandy Macias, 60:46.2

CASCADE RUN-OFF 15K, Portland—7,500 runners, including 31 world record holders, from 17 countries. Kenny Goering, 3rd woman 50-54, 1:13:18. Dale Goering, 4th man, 55-59, :59:30.

87504

Jerry Dorbin
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Santa Fe Run-Around History

