



*We Give You the Run-Around*

P.O. Box 1818, Santa Fe, N.M. 87504

### March Newsletter

The March meeting will be held on Tuesday, March 8, at the home of Vice-President, June Dickinson, 608 Calle de Valdes, 988-3428. There will be a pot luck dinner beginning at 7:00 pm followed by the business meeting at 8:00 pm. We are pleased to have a featured speaker for our meeting; he is Terry Passalacqua, coach and founder of the Santa Fe Track Club, see sketch below.

Other speakers will include David Giles, reporting on the upcoming Corrida de los Ninos in May, and Coach Michael Gorospe, of the S.F. Indian School who will tell us about the Spring 5K on March 12 at the cross-country course on SFIS campus. We are getting busy early this spring! Please come to this meeting...we need your support for these events.

On a sadder note, Mr. and Mrs. Tim Burrell are leaving us for Boston next month. We have enjoyed their companionship and involvement in the Santa Fe running scene since 1983 and I know they will leave an unfilled gap when they are gone. Hopefully we will see them sometimes on visits here or there. We will have a farewell for them at the meeting, so come say "Adios".

Also, I would like to add a new feature to the newsletter, called the Run of the Month. Each month your editorial staff will put their heads together and come up with the most illustrious, prestigious, exciting and enjoyable race/run coming up for the month. We will highlight that event in the Calendar, so that we can make a group effort to attend as a Club. The Santa Fe Striders represent a strong front of medal winners and participants in New Mexico and the Southwest, and it would be great to show off our club at a special event each month.

For the month of March, that race is the 12th Annual Tucson Sun Run, on March 13, Sunday, at 9:00 am. There will be a 15K (9.3M) and a 3K (1.8M); certified, flat, fast, and low altitude, not to mention a WARM and beautiful desert town. There is prize money for TAC open and masters runners. Jerry has entry forms. At least three of us are going, so far. I know it's kind of far away, but I think it will be worth the trip.

Happy running,

Mary

Mary

TERRY PASSALACQUA: "How to prepare yourself for the running season"

Terry is probably best known as the founder and coach of the Santa Fe Track Club which is for youngsters 8-15 and, as you are probably unaware, for oldsters 40 and over. He competes very successfully in Master's Track and Field as a sprinter. The Club's 40-44 4x100 relay team took 6th place at the U.S. Nationals in Eugene, Or. last summer. He is currently co-ordinator for physical education at the Middle Earth School and is Little League coach for the Capitol Ford team. The Club's track season is from mid-April to mid-July with the cross-country season in the Fall. Practices are held three times a week and youngsters are coached in the standard track and field events including triple jump, hurdles and javelin. He also develops specific programs for master runners.

For members interested in the track club for their youngsters, Terry will be happy to tell them more about his program. If you have any friends with young children, please invite them to come along. Master runners should also take this opportunity to talk with Terry at our meeting. He is currently negotiating with TAC for two more in-state Master's track meets to be held in Santa Fe and Los Alamos. These will be in addition to the already established Albuquerque meet scheduled this summer for June 4 and 5. June

=COMING EVENTS=

- \* MAR 12—March 5K, 10 a.m. on Santa Fe Indian School campus cross-country course, Cerrillos Road. \$5 early or race day morning to 15 minutes before start. Ribbons to top five, ten-year age groups to 50-up. Coach Mike Gorospe, SFIS, 988-6339.
  
- \* MAR 12—Pecos Valley Stampede Half Marathon, 8:30 a.m. and 8K, 9 a.m. from Roswell YMCA, South Sunset St. \$8 early; \$10 after March 5. T-shirts to all entrants, plaques to first three, ribbons to fourth and fifty, each ten-year age group to 60-up. Joan Blodgett, 310 Hondo, Roswell 88201.
  
- \* MAR 13—Tucson Sun Run 15K, 9 a.m. from northwest parking lot of El Con Mall, Tucson. Cash awards open and masters (no wonder La Presidente is putting together a traveling group). \$9 by mail by Mar. 6th to Southern Arizona RRC, Box 40728, Tucson 85717-0728. Late reg. \$11; race day \$15. Other awards three places, five-year age groups below masters, plus gold, silver and bronze TAC medals to masters who are TAC members.
  
- \* MAR 13—Run for the Blue 5K and 10K, 9 a.m., 400 Marquette NW, downtown Albuquerque. Five-year age groups to 60-up. \$8 early entry; \$10 race day. Make checks payable to Injured Officers Fund. Gil's Runners' Shoe World, 3515 Lomas NE, Albuquerque 87106. Medals, T-shirts.
  
- \* MAR 19—13th annual Canyonlands Half Marathon, 10 a.m. (and Five-Mile, 9:30 a.m.) Moab, Utah. Half-M is point-to-point down a canyon along the upper Colorado River. Trophies, ribbons, etc. Five-year age groups to 60-up. Rim Rock Roadrunners, Box 284, Moab 84532.
  
- MAR 26—Albuquerque Parks & Rec Dept. 5K and 15K. No forms or details available in Santa Fe.
  
- MAR 27—Red River Spring Triathlon, cross-country skiing, run, bicycle; call 754-2374 in Red River.
  
- \* APR. 9—2nd annual St. Vincent Hospital Five-Mile from the south side of St. Michael's Drive opposite the hospital down Zia and Rodeo Roads to Villa Linda Mall, 9 a.m. \$7.50 for runners; \$5 for senior citizens, includes T-shirts.
  
- APR 18—The Boston Marathon. Several members entered.
  
- \* APR 23—Jog Your Mind 5K Library Run from Stanford N.E. to Municipal Library, downtown Albuquerque. Info, Gil's.
  
- APR 24—St. Catherine's Fun Run 5K, from the campus, Griffin St.

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-schedule of events continued-

- APR 24—Run for Peace 5K and 10K, Albuquerque. Info, Kathy Samet; and runners' wear stores will have forms.
- \* APR 24—U. S. Men's Olympic Marathon Trials and New Jersey Waterfront 10K, Liberty State Park, Jersey City, N.J.
- \* MAY 1—4th annual Gardenswartz Runners' Pentathlon, on the track at Milne Stadium, Albuquerque; first event 8 a.m. Tabulated points according to times in 3200 metres, 800 metres, 200 metres, 400 metres and then 1600 metres. Thirty to 45 minutes between races. Five-year age groups to 70-99. No fee for NM TAC members; \$6 early for others; \$9 race day. Embroidered patches to everyone who finishes all five events; pentathlon medals to first three, each age group; TAC championship patches, etc. Tom Bell, 2403 San Mateo NE P-17; Albuq. 87110.
- \* JUNE 4—TENTH ANNUAL SANTA FE RUN-AROUND 10K, 8 a.m. from the Plaza. Leo Hosenfeld, race director. Planning meetings, next couple of months, including this month's business meeting.

WEDNESDAY NIGHT FUN RUNS CONTINUE FROM THE PLAZA, STARTING 5:30 P.M.

\* Indicated races are ones on which club has, or will have entry forms and information.

+RECENT RESULTS+

CHAMA CHILI CLASSIC SKI RACES—Judy Heffern, 2nd woman 31-35 cross country, in 1:03:32.

NM MASTERS MID-WINTER RUN-AROUND—George Croshaw, 3rd overall in the five-mile, in 30:35; Mary Nichols, 1st woman overall and repeat winner of the Polly Baker Memorial Trophy, in 33:58; Dale Goering, 2nd man 55-59, 34:39; Cecil Smith, 37:33; Jackie Marr, 1st woman 45-49, 39:53; Kenny Goering, 1st woman 50-54, 41:07.

MID-WINTER RUN-AROUND 2.5-MILE—Al Gallegos, 1st man 55-59, 18:08; June Dickinson, 1st woman overall, 18:30; Jerry Dorbin, 2nd man 55-59, 18:45.

COWTOWN (Ft. Worth) 10K—David Dorbin, 45:35 (p.r.).

# # #

ROAD APPLES from Kenny

Remember: March meeting; Tuesday, March 8 at 7:00 pm. 608 Calle de Valdes.

Leo Hosenfeld also will give us an up-date on the plans for the RunAround. He will be needing lots of volunteers.

MEMBERS AT LARGE ITEMS

Former Santa Fean and former Run-Around winner ('84) Erik Vedeler visited in the city a few days ago after finishing an advanced degree at New Mexico State. He has moved to Virginia, where he has a job with NASA's Langley Space Research Center. He has resumed distance running and is aiming for the New York Marathon in October.

Also one of our members, Dan Maas, has been doing a lot of fast traveling by plane and foot. He represented the United States in the Japanese National Cross-Country Championships in Chiba, Japan. He placed ninth with a 24:28.

He will be representing the United States in Auckland, New Zealand later this month. Good luck and enjoy New Zealand, Dan.

Debbie Hathaway and her husband, Brad Davidson did a terrific job this year in Grants at the Winter Quadrathlon. Both did the whole race on their own and bettered their last years times.

Hope you all got to read the article about Al Waquie in the Sports Illustrated. February Issue.

He is quoted, "Most people stop running because it's hard work that they get tired of. For me it's fun, but it's also much deeper than that. It's why I'm sure I'll run the rest of my life."

A Zinfandel toast to Lorenzo Garcia He is running his first marathon, March 6, in Los Angeles. Have a good run!

Thought for the season-----"Now! Now! cried the Queen. "Faster! Faster!"

Lewis Carroll - Through The Looking-Glass.

Santa Fe Striders

President: Mary Nichols  
H: 471-2806  
Vice Pres: June Dickinson  
H: 988-3428  
Race Info: Jerry Dorbin  
H: 983-3282  
H: 982-1904  
Newsletter: Kenny Goering  
H: 983-6616