

# Mile Markers

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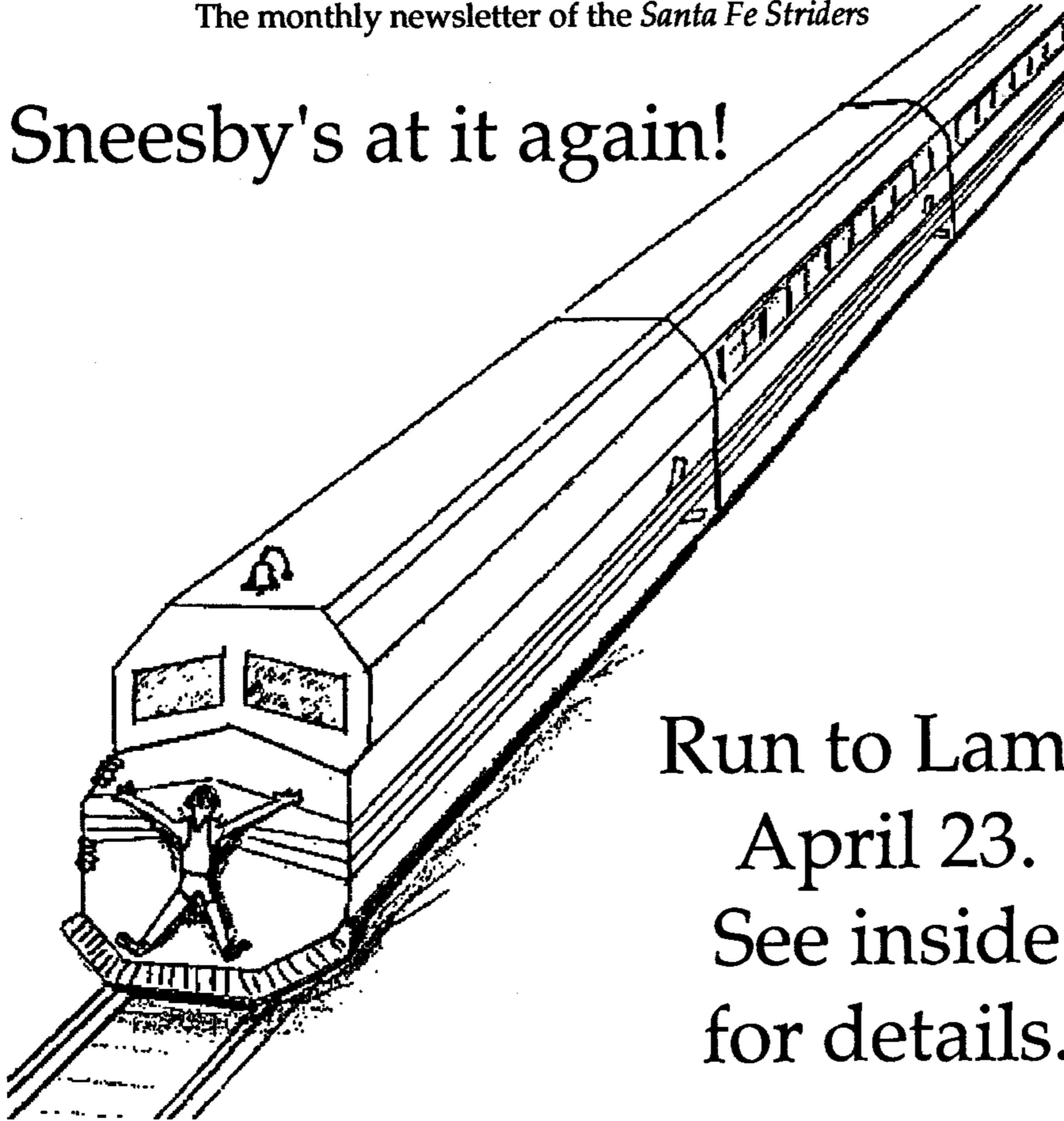
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The monthly newsletter of the *Santa Fe Striders*

Sneesby's at it again!



Run to Lamy  
April 23.  
See inside  
for details.

April 1989

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Volume 11, Number 4

**T**he Striders met at Elaine Pinkerton's house on March 14, 1989. Due to job commitments the next couple of months, Dave Boyer will not be able to serve as director of the Run-Around. So, Greg Ohlsen has agreed to take on the task. Please give him a call if you will help - or at least don't avoid answering your phone when he calls you. Greg's number is 984-8264.

Sandy Macias has requested assistance from Striders interested in helping the American Cancer Society put together a 24-hour (or maybe shorter) relay marathon to raise funds for St. Vincent Hospital's Cancer Department. If you want to help or give advice, call Sandy at 473-4707 or 827-8860 (work).

Patty Laine is looking for victims - er, volunteers - to participate on a relay team (10 members maximum) Saturday, May 6 at La Cueva High School in Albuquerque for the 3rd annual "Save the Children" relay. If you're interested, call Patty at 983-4471.

*Cecil J. Smith*

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## Odds & Ends

Former Strider and Santa Fean Eric Vedeler writes that he's happy to be working for NASA, living in Hampton, Virginia, skiing (it rains where he skis on man-made snow in West Virginia), playing his french horn in a community band, sailing and running. "I ran a 10-K in December and have been trying to stay fit through the winter for the spring season," he says.

☆☆☆☆☆

Road Runners Club of America has published a booklet on Children's Running. Written by Don Kardong and Jim Ferstle, the 20-page booklet is available for \$1 with a stamped, self-addressed envelope from the national office: Road Runners of America, 629 South Washington Street, Alexandria, Virginia 22314.

# Recent Results

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## Losque Farms 5-k (3-18-89)

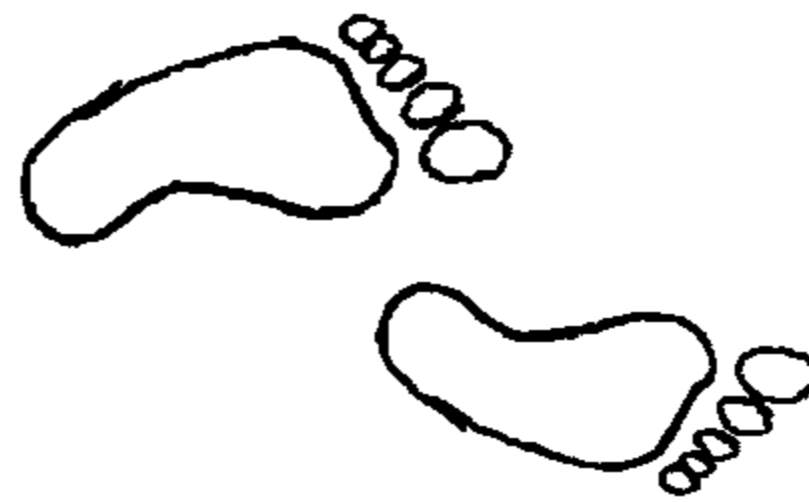
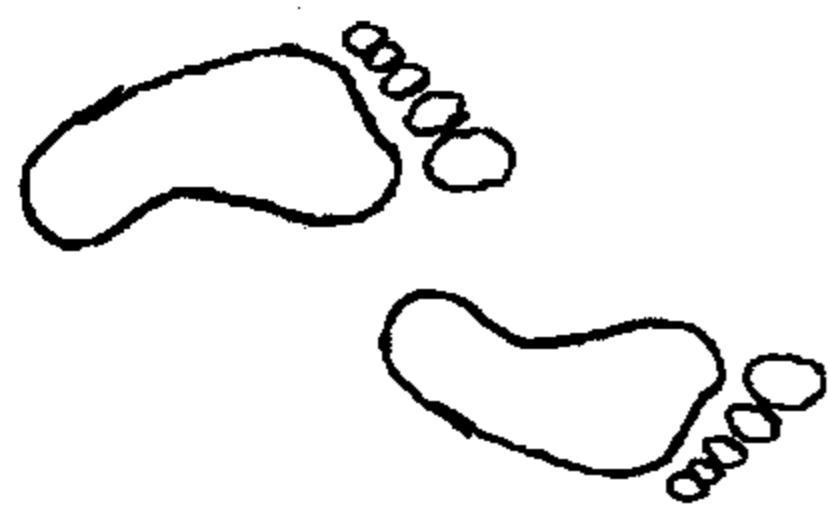
**Jim Westmoreland**, 17:20 (2nd overall; 1st in 35-39); **Diana Best**, 2:58 (3rd in 35-39).

## anyonlands, Utah Half-Marathon (3/18/89)

**Buss Smith** 1:18:51 (26th overall; 7th in 30-35); **Mardi Wood**, 1:51:28 (running in 40-44 age group). Mardi's sister Mary, age 44, was the overall winner for the third consecutive year. She finished in 1:21.

## anyonlands 5-Miler (3/18/89)

**Pat Laine**, 45:55; **June Dickinson**, 38:34 (1st in 50-54)



## Santa Fe Striders

### 1989 Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Enclose \$10 annual dues. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504

*Sign up a friend today!*

## ★ April Meeting: 4/11/89, 7 p.m. ★

Ken Martin, now living in Santa Fe, has long been involved in health and fitness. His education includes a Master's Degree in Physical Education, specializing in Exercise Science. He has coached track and field at the collegiate and Olympic levels and is a two-time national marathon record holder.

Director of APEX Health and Fitness, Ken specializes in athlete training and conditioning to ensure that efforts produce results.

At the April 11 meeting, Ken will discuss running at altitude as it pertains to general fitness. Topics to be discussed include diet, heart rate, dehydration, long, slow distance (LSD), strength and flexibility. A question-and-answer session follows the presentation.

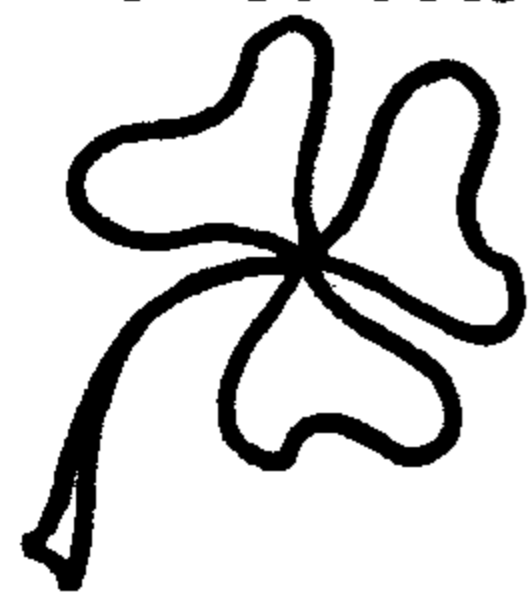
This promises to be a great meeting, so tell all your friends. *This meeting does not include a pot luck.*

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### *Shamrock Shuffle Attracts 16 Runners*

The Shamrock Shuffle on March 18, the second Striders monthly fun run of the year, was O'great!. Perfect 44-degree temperature, green balloons, and a clear, blue sky greeted the 16 lads and lassies as they lined up to run the five-mile Shamrock Shuffle. The Irish streets in Santa Fe provided the route that began and



finished on McKenzie Street.

Stan (What is your last name, Stan?) and Mary Nichols were the M/F winners and each were awarded a bar of Irish Spring soap. No pinches were awarded as all participants cooperated with the entry fee of wearing something green. It was a fun little run and everyone seemed to enjoy starting out to an Irish jig.

## *From the Editor...*

Until Cecil Smith told me I forgot to put the date of the March meeting at Elaine Pinkerton's house in the newsletter, I thought the worst thing I did as editor of *Mile Markers* was to get it to you **after** a race you were interested in had happened. I've always been disgusted with publications in which that very thing happens (as it did in last month's *Mile Markers* with the run at the Indian School in Santa Fe).

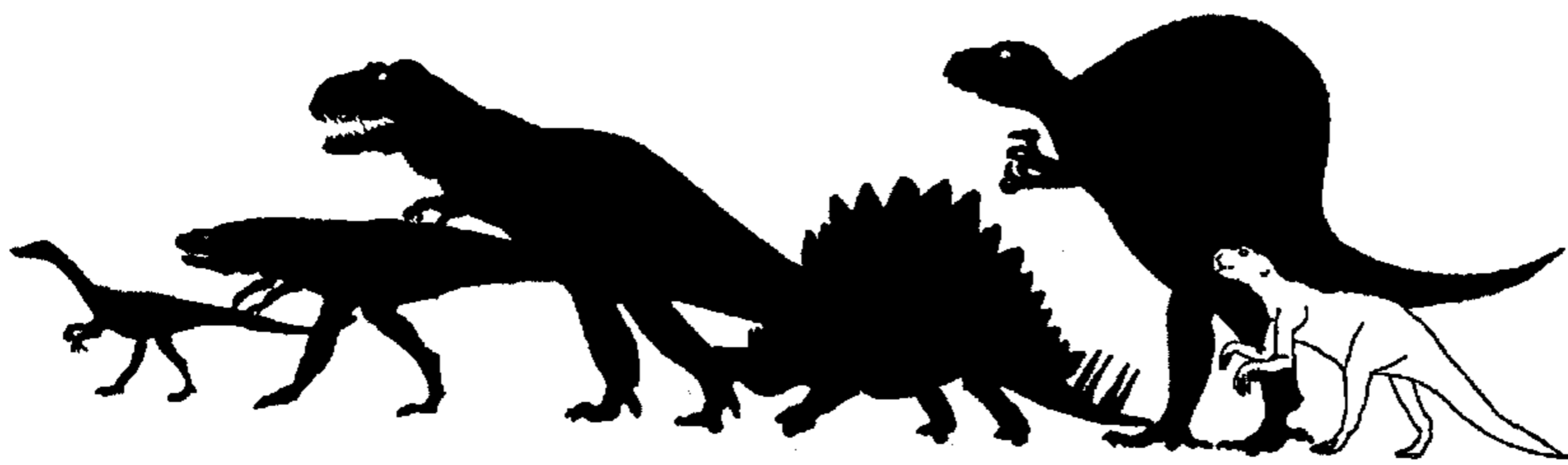
Anyway, I'm going to try to list upcoming races through the middle of the next month (as in mid-May for the April issue) so you can get an idea of what's out there. That way, if the May issue arrives later than the first couple of days of the month, you'll still know of some upcoming races.

Which brings me to a race I'd like as many Striders to run as possible: The **Dino Dash**, organized by the New Mexico Museum of Natural History. (I'm race director.)

It's a 3-k fun run/walk, a 5-k run and a 10-k run. It begins in front of the Museum in Albuquerque at 8 a.m. on Sunday, May 14, and finishes at the same spot, after running toward San Gabriel Park and north along the bike trail near the river. Sponsored by Magic 99 radio, the race entry fee is \$8 (\$10 on race day).

Besides a T-shirt for the first 750 entrants, all runners get into the Museum free that day! Also, since it's Mother's Day, all mothers get in free, too.

*John Arnold*



**Deadline for *Mile Markers* is the 23rd of each month.**

# Upcoming Races

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*Sunday, April 9*

Life-link Run for Shelter 10-K, Santa Fe. Brian Parkhill, 983-1674

*Saturday, April 15*

Gathering of Nations 5-K, 10-K, One-mile walk, Albuquerque. Eleanor Smith, 831-2408

Nizhoni Striders 10-K and One-mile, Gallup. Gretchen Wilken, 864-3409

Warrior 10-K, Ruidoso. Paul Whitwam, 257-5146.

*Sunday, April 16*

Indian Pueblo Cultural Center, Four-mile Run, One-mile walk,

Albuquerque. Victor Masaveswa, 843-7270.

First annual Walk-Amole, Two-mile fitness walk, Three-mile fitness run,

One-mile fun walk, Albuquerque. Gil's Runnershoe World, 268-6300.

*Saturday, April 22*

2nd annual Health Awareness, 5-K run/walk, Albuquerque. Alfred

Padilla, (Belen) 864-7729.

*Saturday, April 29*

Campfire Girls Coyote Chase, 5-K, One-mile, Albuquerque. John Meighen, 842-8787.

Jay Benson Memorial Childrens Triathlon, Albuquerque. Mari Taylor, 884-6787.

*Sunday, April 30*

Richard Harper Memorial Run, 5-K, One-mile, Albuquerque. Linda Babington, 293-1597.

Spring for Peace, 5-K, 10-K, Two-mile walk, Albuquerque. Kathy Samet, 262-7391.

*Saturday, May 6*

World Runners 24-hour Run, Albuquerque. Ann Liebau, 242-1477.

Stay in School, 5-K, Albuquerque. Camille Balden, 345-3371, extension 387.

*Sunday, May 7*

Los Lunas Cinco de Mayo, half-marathon and 5-K, Los Lunas. Charlie Otero, 345-4274.

Run for the Zoo, 5-K and 10-K, One-mile, Albuquerque. Gwen Poe, 247-1533.

*Sunday, May 14*

Dino Dash, New Mexico Museum of Natural History 3-K fun run/walk, 5-K, 10-K, Albuquerque. John Arnold, 841-8837.

# RACE OF THE MONTH

WOW!

the 5<sup>th</sup> Annual

## Lamy Fun Run

April 23<sup>rd</sup> (Bicyclers Welcome)

BYO-BRUNCH @  
The Tender  
11:00 on...

1K, 5K,

10K, 20K &

16-Mile Poorly  
Measured Course  
(but marked)

No Entry Forms!

Kites OK!

Look What you get for 1 buck!

Door Prizes, Free beer, Unpersoned  
aid stations, Snacks, Great Views,  
Trendy Company, Transport to S.F.

16-mile start @ St. Vincent's @ 9:00 (±)  
Start other distances so you reach  
Lamy about 11:00. Keep your own times.

Route: Pecos Trail to Ol' Las Vegas Highway toward Clines  
Corners. 1-k run/walk is after Lamy turnoff

# *Mile Markers*

Santa Fe Striders  
Post Office Box 1818  
Santa Fe, New Mexico 87504



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*This month's meeting features a presentation by Ken Martin, former Olympic and collegiate coach. It's at 7 p.m. on Tuesday, April 11 at the Santa Fe Public Library downtown.*

*See inside for details.*

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Fun runs begin at 6 p.m. on the Plaza.