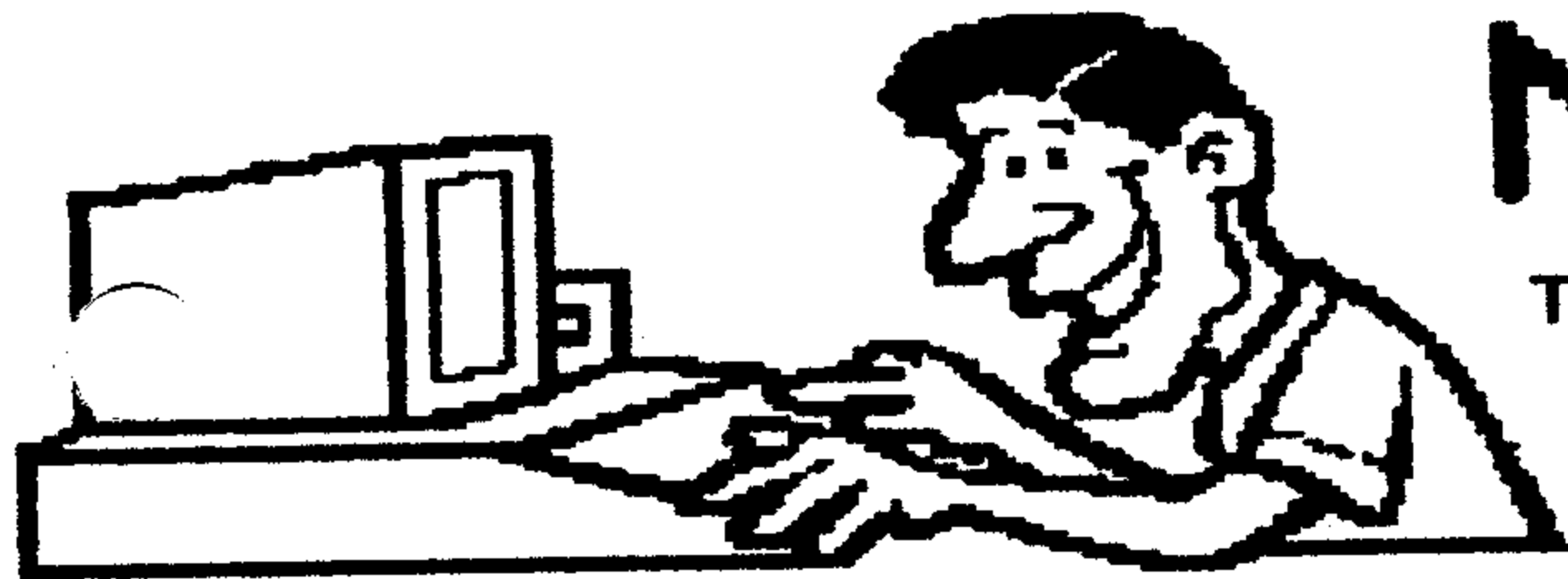


Mile Markers

The monthly newsletter of the Santa Fe Striders



Your Editor

Santa Fe Striders
Post Office Box 1818
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Sept., 1989

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From the President:

At the August meeting, those attending, made several decisions after a lively discussion of this year's Runaround and the regular club



expenses. First, the Runaround did finish in the black, barely. As the fixed expenses of the race (Plaza, Police, Awards, etc.) are constant no matter the number of runners, only more participants and a fee to cover more of the costs make the race economically feasible. Also, as the idea of the race is to promote running and health, a broader based event offering something for more people would be desirable. Therefore, next year, the Runaround should be three tiered, present 10K, a 5K and a Walk to attract more participants. A race director needs to start operations soon, sponsors lined up this fall (we have a possible new major sponsor that volunteered) and publicity planned early. Any one interested? Please and thank you!

Second, because equipment is aging and repair/replacement costs may have to be faced, storage locker costs are more than equipment rental income, newsletter costs have increased, and no funds are available to help worthy causes (like free use of equipment), dues should be raised to \$15 per year starting in 1990, no breaks for paying early, even now. And the "reduced rate" at Runaround time should be \$10.

At the September meeting we need to find a race director and start

thinking about officers for next year.

SEPTEMBER MEETING:

The Santa Fe Striders regular monthly meeting will be Tuesday, September 12. Potluck at 7 pm, business at 8pm at Dale & Kenny Goering's. Directions: Go out Old Las Vegas Highway past El Gancho a mile or so (quite a bit of "or so"), look for 9-mile Road-Timberwick street sign on the right and turn left (I love these directions) onto Ute Circle. Goering's are then the second drive on the left. If (when) you get lost, call for help at 983-6616 (with these directions, this may not even be anybody's number). Good luck, and see you there. Bring a friend, preferably a new member.

TWILIGHT AND TIMBER

On Saturday evening, September 19, five hardy (as in fool) roared up the arroyo from near the St. John's College tennis courts, skirted the pond, gipped up a slight rise, cruised past the mosque like house and climbed up to the top of a little hill. There they found Editor Tom Stow, who, on the excuse he had run 20 miles in the past twenty-four hours and couldn't participate, had volunteered to guard the ice chest and serve water, lemonade or beer (yes, some was still left).

The brilliant race director had planned successfully and all runners arrived in time to enjoy the sunset along with the drinks. Then, a nice downhill run in the dusk finished the event, in which your president set a new course record. Of course he is the only one ever to run this course before so all other runners were forced to follow or get lost. Awards went to June Dickinson and Patty Laine for comments made concerning the course and event

And thanks to Patty for helping mark the course earlier, which means she covered it twice in one day.

SEPTEMBER FUN RUN

This month's fun run will be a handicap event on Wednesday, the 13th. It will be about 10K using the Green Shack course. Everyone will state their best 10K time so far this year using the honor system, times will then be handicaped against the fastest one there. For example: if the fastest time is 35 minutes and your time is 45 minutes, you would get a 10 minute head start. This is your chance to beat the fast guys for a change. Hope lots of runners show up. Tom Stow

Recent race results:

- RATON 5-miler (some hills)
Caroline Townsley 1st 45-49 51:56
Ted Atkins 36:29
Mary Platts 3rd 40-45 36:48
Diana Best 1st 35-39 37:35
Jim Westmoreland 28:26
Chris Kasube 1st ?age 52:26
Mike Guttman 38:19

MASTER'S MILE

- June Dickinson 1st Masters 6:22
Ted Atkins 5:36
Andy Anderson 5:20
Tom Stow 5:35
Lou Marjon 1st 40-45 5:00

COCHITI

For those that missed the triathalon, it was quite the deal. We arrived at 6:30am under ideal weather conditions. The excitement level was very high as the swimmers went into the water at 7:10. It was awesome to watch the pack start to string out as the swimmers started across the lake. I think that the hardest part of the swim was the run up the hill to the transition area where the bikes were waiting. The ride up the rest of the hill to the visitor's center had to be tough on the legs. In fact, most of the ride out was slightly uphill, but most of the bikers were flying on the return trip. By the time the runners were ready to go the clouds had parted and the sun was beating down, the aid stations were busy giving out water and taking good care of the runners. It has been a long time since I've been around anything as exciting and with so many people taking part.

LOBO FUN RUN

- 10K--
Jim Westmoreland 2nd 35-39 34:45
Lou Marjon 2nd 40-44 35:12
Mike Guttman 44:??
Tom Stow 39:56

5K--

- Justime Fox-Young 3rd 10-15 22:14
Diana Best 3rd 35-39 22:16
June Dickinson 1st 55-59 22:42

There were some other runners from Santa Fe, but I failed to get their names and times.

THE EUGENE EXPERIENCE

June Dickenson, Kenny and I recently had the experience of attending the International Master Track Meet held for the first time in this country at Eugene, Oregon. To those unfamiliar with this event, it is an eight day track & field meet for men 40+ and women 35+. This is an International meet that includes all track & field events with 5 year age brackets from 40+-90+. 4900 athletes from 54 countries were represented. We saw some incredible performances, 80 year old high jumpers, 75 year old pole vaulters, 90 year old cross country 10K runners, 70 year old 38 minute 10K runners. Records fell all over the place. World records were set by a man 63 years old who just recently had a heart bypa operation. A 46 year old man had a 14:2 5K split on the way to a 30 flat 10K.

June & Kenny had to run against Sister Marion Irvine who ran a 40:02 10K, at 59 years old. In my 55+ 10K we had three runners under 34 minutes and a total of 8 under 35 minutes. We were all impressed.

Eugene is probably the track capital of the world. The entire town is track crazy. Hayward Field is a huge stadium for track only. In addition to the regular track they had another track just for warm ups. At one time they had 5 shot putt rings going at one time. Over 1000 volunteers worked for over a week, sometimes from 7 am to 10 pm.

June and Kenny ran well. I ran ok but not great.

It was a great experience and hope to attend another meet in the future. Next meet in Finland in two years. See you there.

Dale Goering

Next month I'm planning to publish a updated membership list including addresses and telephone numbers. If you do not want yours included please drop a line at the club address by the 15th of September.

Do you have a running route that you would like to share with the rest of the club? If so, please send in brief instructions for the course, name, if any, pricing, if there is any and where, and any other comments about the course. I'll try to publish one a month in the newsletter.

UPCOMING RACES:

- Sept 2-10th Annual Coloradoan Run 5K, 10K
8am \$14 Info 303-493-4675
- Sept 4-Old Santa Fe Trail Run 5K, 10K no
no race day registration \$8
- Sept 4-19th Annual Saguaro Nat'l Monument
Run Tucson, Az 8mi Info-744-6256
- Sept 4-5K, 10K in Trinidad, Co \$8 7:30 am
Info 719-846-2234
- Sept 10- Nizhoni Striders (Gallup)
No Guts No Glory 20K
Gretchen Wilken 863-3409
- Sept 24- Duke City 5K, Half and full
Marathon
- Sept 24-2nd Annual Sri Chinmoy Masters
Track and Field 50 and Over only
UC-Irvine, Ca Entries by Sept 14
Longest run is 3000M
More info 213-838-4746
- Sept 24-11th Annual Bud Light Stadium Run
Handicap start, free ticket to
the Running Redbirds game, finish
inside Busch Stadium. All this for
only \$6 by Sept 14. You have to
find your own way to St. Louis, Mo

RACE-TIME COMPARISON AND PREDICTOR CHART

	10		HALF	
5 KM	KM	10 MI	MARATHON	MARATHON
14:00	29:00	48:20	1:02:30	2:15:00
14:15	29:30	49:10	1:03:45	2:17:30
14:30	30:00	50:00	1:05:00	2:20:00
14:45	30:30	50:50	1:06:15	2:22:30
15:00	31:00	51:40	1:07:30	2:25:00
15:15	31:30	52:30	1:08:45	2:27:30
15:30	32:00	53:20	1:10:00	2:30:00
15:45	32:30	54:10	1:11:15	2:32:30
16:00	33:00	55:00	1:12:30	2:35:00
16:15	33:30	55:50	1:13:45	2:37:30
16:30	34:00	56:40	1:15:00	2:40:00
16:45	34:30	57:30	1:16:15	2:42:30
17:00	35:00	58:20	1:17:30	2:45:00
17:15	35:30	59:10	1:18:45	2:47:30
17:30	36:00	60:00	1:20:00	2:50:00
17:45	36:30	60:50	1:21:15	2:52:30
18:00	37:00	61:40	1:22:30	2:55:00
18:15	37:30	62:30	1:23:45	2:57:30
18:30	38:00	63:20	1:25:00	3:00:00
18:45	38:30	64:10	1:26:15	3:02:30
19:00	39:00	65:00	1:27:30	3:05:00
19:15	39:30	65:50	1:28:45	3:07:30
19:30	40:00	66:40	1:30:00	3:10:00
19:45	40:30	67:30	1:31:15	3:12:30
20:00	41:00	68:20	1:32:30	3:15:00
20:15	41:30	69:10	1:33:45	3:17:30
20:30	42:00	70:00	1:35:00	3:20:00
20:45	42:30	70:50	1:36:15	3:22:30
21:00	43:00	71:40	1:37:30	3:25:00
21:15	43:30	72:30	1:38:45	3:27:30
21:30	44:00	73:20	1:40:00	3:30:00
21:45	44:30	74:10	1:41:15	3:32:30
22:00	45:00	75:00	1:42:30	3:35:00
22:15	45:30	75:50	1:43:45	3:37:30
22:30	46:00	76:40	1:45:00	3:40:00
22:45	46:30	77:30	1:46:15	3:42:30
23:00	47:00	78:20	1:47:30	3:45:00
23:15	47:30	79:10	1:48:45	3:47:30
23:30	48:00	80:00	1:50:00	3:50:00
23:45	48:30	80:50	1:51:15	3:52:30
24:00	49:00	81:40	1:52:30	3:55:00
24:15	49:30	82:30	1:53:45	3:57:30
24:30	50:00	83:20	1:55:00	4:00:00
24:45	50:30	84:10	1:56:15	4:02:30
25:00	51:00	85:00	1:57:30	4:05:00
25:15	51:30	85:50	1:58:45	4:07:30
25:30	52:00	86:40	2:00:00	4:10:00
25:45	52:30	87:30	2:01:15	4:12:30
26:00	53:00	88:20	2:02:30	4:15:00
26:15	53:30	89:10	2:03:45	4:17:30
26:30	54:00	90:00	2:05:00	4:20:00

Note: To predict your marathon time from your half-marathon time, multiply it by 2 and add 10 minutes. The predicted marathon times based on the 10 km and half-marathon times may be inaccurate (slower) by as much as five minutes for women.

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