

ELECTION REPORT

MILE MARKERS



Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504

January, 1990
Volume 12, No 1

1990 MEETINGS

During the coming year the STRIDERS'S regular monthly meetings will be organized [another first] by Vice President Susan Rush. So, if you'd like to volunteer your place for a meeting, or if you have an idea for a program, please call Susan at 984-0302.

In line with the tradition [of at least last year] there will be no January meeting.

DUES DUE; DON'T DELAY

Dues for 1990 of \$15.00 per household should be submitted in the near future - as in immediately if not sooner. Make checks payable to the Santa Fe Striders and mail to P.O.Box 1818, Santa Fe, NM 87504. Send your dues now to ensure the continuance of the fabulous MILE MARKERS in your mail box, with its fantastic features: cartoon creatures, upcoming races, meeting announcements, fun runs, news stories, president's ramblings and your own name in print for achieving distinction in finishing that 1K crawl.

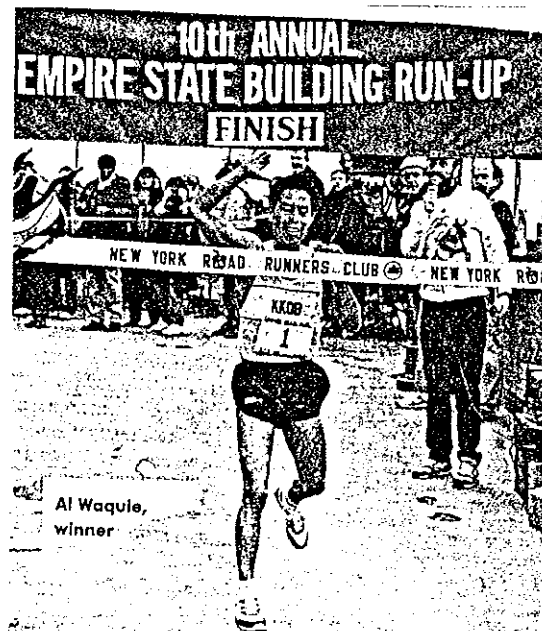
FUN RUNS 1990

The regular Wednesday fun run from the Plaza [corner of Lincoln and Palace] will continue, starting at 5:30 pm during the winter. Newcomers and old members [even fairly young people who have been members awhile] who have

never or rarely attended, please come on out for a friendly training run and then join the regulars at the Ore House for a drink and free salsa and chips - I swear they are losing money on us.

I want to continue our more-or-less monthly fun runs. January is a more formal one, with T-shirts, entry fee, refreshments, etc., being the Corrida de Los Locos organized by Dave Giles.

And we have the following traditions to get back on track: the Run to Lamy by Dave Sneesby in early spring, and the Fowl Day Run by Mike Guttman in November. Give me a call at 989-7324 if you would be willing to put on a low key event. St. Valentine's, St. Patrick's or Arbor Day, or what-have-you. I will soon be seeking out someone for February. Watch MILE MARKERS each month for these Strider events.



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ELECTION RESULTS - By Diana

- 1) Our President, Cecil Smith, will continue in his reign as President through 1990. We hope you recover from that ghastly flu as soon as possible, Cecil, and good luck on your continued success!
- 2) Vice-President for 1990 will be Susan Rush. If you have any questions about the whereabouts of our monthly meetings, or would like to volunteer input, please contact Susan. Congratulations, Susan!
- 3) Newsletter Editor, Tom Stow, has volunteered to continue this worthy position for 1990. Thank you, Tom! Cecil mentioned that the software with the cartoons keeps him going, so in order to have Tom in this position indefinitely, just send in more of that software!
- 4) The Treasury of the Club, which last year was effectively run by June Dickinson, will be taken over by Mike Guttman for 1990. Many thanks to June for her prolonged and dedicated service over the years. Congratulations, Mike, in your new position, and we know that balancing the Striders' checkbook at the kitchen table in your new abode must be an extremely exciting prospect!
- 5) Mary Platts, superstar of the Masters' circuit, and for

that matter any age group, will continue her role of Equipment Engineer. Every night she chains all the equipment to her bedpost, so we know we can rely on Mary for the safe keeping of all our worldly goods.

STRIDERS' CHRISTMAS PARTY

The Christmas Party this year was held at the Guadalupe cafe, on Guadalupe Street, preceded by a short faralito run. The turn out was impressive and the atmosphere delightful. Separated in four lively Strider tables, we managed to exchange Christmas well wishes to one another at sometime during the course of the evening which began around seven. The food was alright, though I thought a little on the expensive side considering the plates. The beer however, was as delicious as usual, and one could tell that the volume of noise was directly proportional to the total number of beers consumed.

Before dinner was served, our President Cecil Smith stood up in a stately manner and announced the opening of the meeting. (He sounded in tip top condition although he was suffering from the "flu") The general feeling was that the Club is on its feet and moving in a positive direction, and after the yearly dues have been received, we should be in fairly good shape. The Club Inventory was sorted by Cecil Smith and Mary Platts, so if anyone has any questions with Inventory in mind, please call either of these wonderful Strider people.

Keep in great shape throughout the winter months everyone! Look out for the Corrida de los Locos on January 20th 1990 at 10.a.m. at the Frank Ortiz Park which is near the city dump. Please join us there for some fun, frolics and refreshments. Entry forms can be obtained from Fort Marcy Complex and Tom's Sports.

Jim Westmoreland, co-director of the Santa Fe Runaround 1990, talked to Susan about sponsorship for the Runaround from St. Vincent's Hospital where she works. She said that they will definitely be a sponsor of our Annual event, which is wonderful news so early in the proceedings.

To conclude the meeting, Dave Sneesby asked that everyone give a hand to Cecil for his work, and amidst a loud applause, audible to the Plaza, Cecil gracefully seated himself, and dinner commenced!

-----Diana Best

A NEW YEAR'S MESSAGE

A new year approaches, a time many of us make resolutions concerning our running and training goals. Typical ones might be to establish a better training schedule, to stick to it, to eat better, or to set a new PR at our favorite distance (mine is about 20 feet to the refrigerator for ice cream).

But, I just read a story about a fellow my age (old) who went

to a park to climb a tree. As he started up, a voice said, "Sorry, this tree is taken-- find your own." He looked up to see a sixtyish grandmother perched high in the branches. So he went to find another tree. What were people this age doing climbing trees? Simple--tree climbing is fun. And so is running--just watch little kids, and they don't have training schedules or logs, PR goals, or diet concerns.

We adults don't play well--in fact, we seem to have rules against play. To get around these rules, adults structure play into schedules, training, events; we make play work and say we do it for our health, to look better, to reduce stress. And though we enjoy our, now, sports, most of the play is lost. And we really need and want the play...

So my resolution: to play more. Yes running is fun, races are fun, people are fun--combined into fun events or training or races, they make for better play than always a solitary outing. Oh, a certain amount of effort will still be needed, miles to be covered, speed work to be completed--BUT in the name of play. We work enough. Let's not let it intrude.

-----Cecil Smith

RECENT RESULTS

At the Holiday Half-Marathon on December 10th in Tucson, many Striders had a good run. Ron Valdez placed 1st in 40-44 age group and 6th overall in

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1:17. George Croshaw was 3rd in 40-44 with a 1:18. Tom Stow ran 1:26 flat (had to tie his shoe, for Pete's sake!). Dale Goering ran 1st in 55-59 in 1:27, Tim Burrell ran 1:24, Kenny Goering took first in 55-59 with a 1:48, and Ellen Stelling, Susan Rush and Greg Ohlsen ran together in 2:04. At the Dallas White Rock Marathon Pat McCarty ran 2:45:41 to place 3rd in the 45-49 age-group, Congratulations, Pat!

UPCOMING EVENTS

The Norski Racing Club will host a cross-country ski clinic Saturday, January 13, at Red River. Beginners are welcome, price is \$10.00. Call Scott Phillips for info at 983-4859

The 8th Annual Egg Nog Jog will be January 1, 1990 at 12 noon. (still kinda early for a hangover, right? so don't get one!) It's a 4-mile loop starting at 4th and Guadalupe Rd. in Albq. Call Alan Overmier at 345-5061. Race day cost is 12:00 with a long sleeve cotton shirt.

The 5th Annual Taos Mountain Stampede will be January 14, 1990 in Amole Canyon at noon. There is a 3k, 5k and 10k race. The entry fee is \$8. Please call or write to Taos Mountain Outfitters for more information. Their number is 758-9292. At the present time it is not certain whether the races are on foot or on cross country ski, so it may be to your advantage to call first after all!

The Corrida de los Locos, (entry form enclosed) is on January 20th 1990.

The 20th Annual Tucson Marathon will be January 21st 1990. For information, call Chuck Koch -Home 886-2626, Work 798-2502.

THIS NEWSLETTER JOYFULLY PREPARED BY THE TWO LIMEYS AND MARY. HOPE TOM ENJOYS HIS HOLIDAY IN SUNNY MISSOURI

MERRY CHRISTMAS TO ALL AND TO ALL A GOOD NIGHT....



Three women imbibe one night & compile the newsletter. Tom Stow is away on vacation, and when the cat's away... Happy New Year everyone. Hope you all like this month's edition.

The Arizona East Valley Marathon is on Sat. Jan 13, 1990 at 8:00 am. Offers beautiful mountain surroundings and temps in the mid-60's for those of you who are sick of winter. There is also a marathon relay. For more information, call (602) 246-7697 or 941-5239.



***** 4.6 MILE RUN *****

Open to Runners of All Abilities

SATURDAY MORNING, JANUARY 20, 1990 - SNOW OR SHINE

Sponsored by Tom's Sports and the Santa Fe Striders

TIME: 10:00 a.m. Sharp

START & FINISH: Casa Solana/Frank Ortiz Park (near City Dump)
4.6 Mile Run -- Electronically Timed

AWARDS: Trophies to first male and female finishers
Ribbons to first five finishers in each age group

LONG-SLEEVED CUSTOM T-SHIRT TO ALL FINISHERS!

AGE GROUPS: Male and Female
 19 and under
 20 - 29
 30 - 39
 40 - 49
 50 and over

ENTRY FEE: \$10 by mail in advance; \$12 Race Day

RACE DAY REGISTRATION: 9:00 a.m. to 9:45 a.m.

****PRE-REGISTRATION WILL BE MUCH APPRECIATED BY RACE
COORDINATORS AND WILL GUARANTEE THAT YOU RECEIVE A
T-SHIRT IN YOUR SIZE.****

For more information call David Giles at 471-8242

ENTRY FORM

IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY, I RELEASE ALL SPONSORS, WORKERS, AS WELL AS THE CITY OF SANTA FE, NM OF LIABILITY FOR ANY INJURY INCURRED. I CONFIRM THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED TO PARTICIPATE IN THIS EVENT.

Name _____ Age _____ Sex _____ Phone _____

Address _____ City _____ State _____ Zip _____

Signature _____ T-shirt Size: (S) (M) (L) (XL)
(Parent if under 18)

Make checks payable to: CORRIDA DE LOS LOCOS

Mail to: CORRIDA DE LOS LOCOS
c/o IYC
College of Santa Fe
Santa Fe, NM 87501-5634